‘PERFECT STORM’ FOR HEART DISEASE, PG 5

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Metro will add its location-specific editorial content to the Foursquare service. People who choose to follow Metro on Foursquare will receive alerts when they’re close to one of those locations.

To promote this partnership, Metro is running a contest to win one of five iPhone 3GS units.

METRO NEWS SERVICES

News on the Move

What’s this barcode for?

Learn how to scan the barcode with the instructions at the top of pg 3

Vancouver Games

Countdown to 2010

Follow Metro as we bring you daily coverage leading up to the 2010 Winter Olympics in Vancouver.

• Today — Hockey injuries give Yzerman anxious moments, page 11

On the web

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Sens **Hot deck**

MIKE CARROCCETTO/FOR METRO OTTAWA

Ottawa Senators Mike Fisher, right, looks on yesterday as fiancée — and country music star — Carrie Underwood takes over the blackjack table from dealer Shean Donovan during the Sens Soirée Carnaval Mystique fundraiser at Hilton Lac-Leamy in Gatineau. Bell Sens Soirée is the premier fundraising event of the Sens Foundation. Last year, the event raised more than $320,000 for local charities.

Spend cash well: PM

Harper calls for transparency in using Haiti reconstruction funds

Haiti Crisis

Canada and the U.S. warned Haitian relief should be carefully tracked so it’s not squandered or stolen as the International Monetary Fund hinted at plans yesterday to inject more funds into post-quake reconstruction efforts.

Prime Minister Stephen Harper and U.S. Secretary of State Hillary Clinton emphasized the importance of accountability in the road map that will come from Montreal’s planning sessions on Haiti’s long-term recovery from the Jan. 12 earthquake that left much of it in ruins.

“A big part of this is working through credible international organizations that are capable of co-ordinating donors, and also capable of tracking money.”
Prime Minister Stephen Harper

“We bear a responsibility to our taxpayers to ensure that the money that our governments commit will be well spent, transparently, and with results on the ground for the Haitian people,” Clinton told Harper after their meeting.

“That is also true for all of the private donations that will be joined with government funds.”

Added Harper: “A big part of this is working through credible international organizations that are capable of co-ordinating donors, and also capable of tracking money.”

The declarations came as the IMF indicated it would announce a $100-million, interest-free loan for Haiti this week. Officials said it has no plans, however, to offer debt relief.

IMF spokeswoman Caroline Atkinson said Haiti would receive “emergency cash” directly into its central bank, and the country will be given a five-year grace period before its first payment is due.

She said she expected the IMF board to approve the emergency loan tomorrow.

“Debt relief is not a today issue, it’s a tomorrow issue,” she said.

THE CANADIAN PRESS

MORE COVERAGE, PAGE 4, 6

Upass back on the table

TIM WIECLAWSKI
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TRANSIT The prospect of a universal bus pass pilot project for students at Carleton and the University of Ottawa has cropped up again during the public delegations into the city budget.

The Upass has been a highly divisive issue around the council table. The last attempt to bring the project forward for uOttawa students for a fee of $125 per semester died on a split vote of 12-12.

If council had approved the pilot project, OC Transpo estimated it would add $1.5 million to its budget. This proved to be the main stumbling block.

A new attempt at Upass is in the works around the council table that could see students from both universities paying $145 per semester for a transit pass starting next fall if all parties agree.

Capital Ward Coun. Clive Doucet is proposing a motion to include the Upass in the 2010 budget.

If city council approves the motion, it would still need to pass student body referendums at the schools.

Pedestrian and transit advisory committee vice-chair Shawn Ménard argued the OC Transpo estimates are inaccurate. He said the Upass program would end up generating revenue for OC Transpo.

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For more information on safety ratings, go to www.safercar.gov. 2010 Pontiac G5 received a 5-star Rating for the driver and front passenger in the Frontal Crash Test. ▼▼To qualify for GM Canada's Cash For Clunkers incentive, you must qualify for the Retire Your Ride Program, supported by the Government of Canada, and you must turn in a 1995 model or older vehicle that is in running condition and has been registered and insured for the last 6 months (12 months in B.C.). Upon Government confirmation of vehicle eligibility under the "Retire Your Ride Program". GM Canada will provide an incentive towards the purchase or lease of a new 2009 or 2010 GM vehicle, excluding Medium Duty trucks, in an amount ranging from $500 to $3,000, depending on the model purchased. Incentive applied after taxes. If you successfully complete the "Retire Your Ride" program, you will be eligible for a $300 cash incentive. 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ScanLife

Local

Weather closes skateway, winter trails

It was nice while it lasted ... the Rideau Canal Skateway and Gatineau Park's network of winter trails are closed until further notice due to weather conditions. The National Capital Commission is asking the public to respect barricades and signs installed at access points and to refrain from venturing onto the skateway or onto the network of cross-country skiing, snowshoeing and hiking trails. The city has also temporarily closed the Mooney's Bay cross-country ski centre trails due to changing weather conditions. METRO OTTAWA

Four Ottawans among 29 to receive Order of Ontario

RECOGNITION Four Ottawa residents are among the 29 people who will receive the Order of Ontario from Lt.-Gov. David C. Onley at a ceremony to be held at Queen's Park Thursday.

The appointees were chosen for their contributions to the arts, science, medicine, education, politics, philanthropy, law and media.

Professor and legal historian Constance Backhouse is internationally recognized for her feminist research and publications on gender and race within the Canadian legal system.

Mike DeGagné is a community leader who has dedicated his life's work to improving the health, wellness, education and governance of Aboriginal Peoples.

Franco-Ontarian writer Jacques Flamand's literature work is recognized in Canada and abroad, and Shirley Thomson has been a leader in the promotion of visual arts in Canada for more than 40 years.

METRO OTTAWA

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Scan this barcode to see the full list of the Order of Ontario appointees, or find it at metronews.ca/local

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What's online today.

Video PETA claims credit for delivering pie to the face of Canada's fisheries minister during Ontario speech at **metronews.ca/canada**

Video Stephen Harper and Hillary Clinton lead a push for accountability on Haiti relief funds at **metronews.ca/canada**

Lotteries

Ontario Pick 3: 7 5 4; **Ontario Pick 4:** 7 7 5 4

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Daily Keno: 1, 4, 7, 8, 9, 12, 16, 23, 31, 36, 37, 39, 42, 46, 48, 50, 51, 58, 65, 69.

These results are not official.

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Shuffle could save transit cuts, CPO

Councillor presents plan as city hears budget input from public delegations

TIM WIECLAWSKI
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A plan may be in the works to save Crime Prevention Ottawa and avoid cuts to many city bus routes by doing away with unnecessary maintenance around Lansdowne Park and delaying expansions to the green bin program.

The city is spending $3.4 million to maintain Lansdowne Park in its current state. If the Lansdowne Partnership Plan to redevelop the area passes next June, most of the money would not be needed.

Kanata North Coun. Marianne Wilkinson said the city could reduce the park maintenance budget to around $1 million and use the rest for transit routes and to fund Crime Prevention Ottawa.

Wilkinson said they could save additional funds by postponing the second stage of the green bin program. The city had planned to start collecting organics from low-rise multi-residential buildings in late spring.

ShareYourViews
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City council has blocked off the entire week to hear public delegations on the 2010 city budget.

Although 45 speakers had registered to speak yesterday, several were unable to attend due to the weather, making it arguably one of the most subdued opening days of budget discussions.

Before and after lunch councillors were forced to take an extended break because speakers were running almost an hour ahead of schedule.

Those who did make presentations lent their support to Crime Prevention Ottawa, tree maintenance and trimming programs, and transit routes that are at risk of being reduced or cut.

Barry McMahon, chair of the city accessibility advisory committee, urged council to maintain funding for the program in order to preserve a new CPO initiative called Connecting on Disability and Abuse. The program was created in August to raise awareness and help people with disabilities.

"We hate to even think it's happening, but it is," said McMahon.

Chair of the Ottawa Forests and Greenspace Advisory Committee Nicole Parent called a proposed reduced funding to tree trimming and maintenance programs short-sighted.

SEAN KILPATRICK/THE CANADIAN PRESS

Liberal Leader Michael Ignatieff talks to reporters in the foyer of the House of Commons as he stands with his caucus yesterday on Parliament Hill.

Opposition MPs return to work despite prorogation of Parliament

TRACEY TONG
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GOVERNMENT The House of Commons will remain closed until March 3, but opposition MPs from across Canada returned to work yesterday.

On the day the House was supposed to reconvene following a six-week break, both the Liberals and NDP held events relating to Prime Minister Stephen Harper's decision to prorogue Parliament.

Claiming the Conservative government has "locked out" the country's elected representatives, the NDP held a caucus meeting yesterday while the Liberals staged a roundtable on jobs and the economy.

While critical of prorogation, the Bloc Québécois does not plan to send its MPs back to Ottawa this week.

"In a very real sense, Prime Minister Harper has locked Canadians out of their own democratic institution."
Peter Julian, NDP MP

Jesse Root, co-coordinator of the Canadians Against Proroguing Parliament rally here over the weekend, was at Parliament Hill yesterday with other supporters to welcome MPs back to work.

"We're just here to say thank you and welcome those MPs back to work and to thank them for doing so regardless of the decision of Stephen Harper," he said.

"Very clearly, Parliament should be opening today," said Peter Julian, NDP MP for Burnaby-New Westminster and NDP international trade critic. "The fact that it's not should be saddening to all Canadians.

"We've come back today, we're in our seats and we're ready and willing to work," he said. "What we're doing this week is showing up to work, doing our job and we're ... putting pressure on the prime minister to do the right thing and to call Parliament back," he said.

"In a very real sense, Prime Minister Harper has locked Canadians out of their own democratic institution." WITH FILES FROM THE CANADIAN PRESS

City sets record for single day of rain in January

TRACEY TONG
tracey.tong@metronews.ca

WEATHER A heavy rainfall, brought on by unseasonably warm temperatures, did more than make for a soggy commute yesterday.

It set a new rainfall record for Ottawa.

According to Environment Canada warning preparedness meteorologist Peter Kimbell, the Ottawa area received 41.1 millimetres of rain yesterday at the Ottawa International Airport — bringing the January total to 61.6 mm — the most it's received in one day since 1889, according to Experimental Farm records. According to the same record, Ottawa received 40 mm of rain Jan. 15, 1995.

"That is a new record for one day of rainfall in the month of January," said Kimbell.

But the most remarkable feature of this January is the low mean temperatures, Kimbell said. This January, the average temperature is –7.3 C, whereas the normal mean temperature is –10.8 C.

"The weather is just variable. This is just day-to-day stuff. Winter's not over yet."
Peter Kimbell, meteorologist

Normally within the month of January, there are nine days of temperatures of –20 C or below, he said.

That hasn't happened yet, he added.

"We haven't had one day like that this year," he said.

The coldest day this year measured –18.3 C at the Ottawa airport.

For those who like the milder weather, above average temperatures will stick around until Thursday night, when temperatures will go back to the seasonal normal for the weekend.

The mild temperatures are a result of a low pressure system that brought a lot of moisture over southern Ontario and east through Quebec.

"The weather is just variable," said Kimbell. "This is just day-to-day stuff. Winter's not over yet."

Snowmobiler dead in collision

FATALITY A 40-year-old Ottawa man is dead after a snowmobile collision south of the city near the Rideau River. Ottawa police located the man's body and the snowmobile Sunday morning.

Police said the man was travelling northbound on the river when he lost control of his snowmobile, was thrown off the machine and struck the base of a tree. Police said excessive speed and alcohol may have been factors in the collision. METRO OTTAWA

Missing Inuit hunter found in good health

An Inuit hunter who spent three nights stranded on an ice floe drifting in the Northwest Passage was rescued yesterday afternoon. "He was cold and tired but otherwise in good health," said Pierre Bolduc of the Canadian Search and Rescue Centre. THE CANADIAN PRESS

Canada

Bake sale raises nearly $20K

Never underestimate the power of a group of moms with cupcakes. Susana Molinolo, left, organized a school fundraiser with fellow parent council mom Nancy Botelho and a colourful array of cupcakes soon began piling up at Molinolo's home. The event, held this past weekend in Toronto, raised $9,800 for Medecins sans Frontieres, which will be matched by the Canadian International Development Agency. METRO NEWS SERVICES

Long road to fix Haiti

Decade needed to rebuild nation, PM tells Montreal summit

Haiti Crisis

Foreign Affairs Minister Lawrence Cannon hosted a one-day conference on rebuilding Haiti after a Jan. 12 earthquake flattened much of the country.

International banking institutions, including the World Bank and the International Monetary Fund, were monitoring the talks involving more than a dozen foreign ministers to ensure accountability of future financial promises to the quake-stricken country.

Non-governmental organizations that were invited to one session of yesterday's talks said the bankers were tightlipped about their specific plans.

Prime Minister Stephen Harper told the gathering that it would likely take a decade to rebuild Haiti.

"It is not an exaggeration to say that 10 years of hard work, at least, awaits the world in Haiti," Harper said after participants observed a minute's silence for quake victims.

PAUL CHIASSON/THE CANADIAN PRESS

Prime Minister Stephen Harper and U.S. Secretary of State Hillary Clinton chat prior to a conference looking at the future of Haiti yesterday in Montreal.

Offering a long list of thank yous to the international community, Haitian Prime Minister Jean-Max Bellerive said his country will need "more and more and more aid" to complete the reconstruction.

"What we are speaking about is re-launching our country on a path of development. It is not a question of going back to the status quo," Bellerive said.

Cannon told participants at the outset their meeting must result in a new set of principles and objectives for Haiti's reconstruction.

He said a full-blown international conference on Haiti's long-term reconstruction needs would be held in the coming months.

"We come together to support our friends the Haitian people as they seek a new and better future for a country that has already suffered more than we can imagine."

Cannon reiterated the shared view of participants here that Haitians take a leading role in rebuilding their country.

THE CANADIAN PRESS

Inuit children have health issues: Study

ARCTIC Inuit infants die at well over three times the rate of other Canadian babies, according to a massive new study published yesterday in the Canadian Medical Association Journal.

And as if to underscore the tough situation facing aboriginal children in Canada's North, a second study in the same journal found that 70 per cent of Inuit preschoolers live in homes where there isn't always enough food.

"Inuit children in Nunavut are faced with health challenges that are more severe than those in Southern Canada due to the socio-economic conditions facing the entire territory," said Dr. Isaac Sobol, the territory's chief public officer of health.

To study the Inuit infant mortality rate, University of Montreal researcher Dr. Zhong-Cheng Luo looked at all four million births in Canada between 1990 and 2000. He then broke out those that occurred in 53 predominantly Inuit communities in the Arctic.

THE CANADIAN PRESS

m.metronews.ca

ScanLife

As a sense of normalcy sets on Kandahar, some are fearful more Canadian troops will mean more violence. Scan this code for the story.

Olympian's parents get scammed

HOUSING The parents of a champion U.S. Olympic bobsledder were scammed $8,000 while trying to rent a duplex in Whistler to watch their son compete.

Ben Mesler said that in addition to losing the money he's struggling to find another place to stay for him and nine friends and relatives.

"We're in a real bind here," he said.

His son, Steve Mesler, is competing in his third Winter Olympics as a member of the United States four-men bobsled team that is ranked number 1 in the world.

GREG DOWNS/FOR METRO VANCOUVER

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KEYNOTE SPEAKER Dr. Homer Dixon

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12:00PM – 2:00PM
War and the Economic Crisis
UCU 205

2:30PM – 4:00PM
Responses to the Financial Crisis in the Global South
UCU 205

4:00PM – 5:30PM
More Aid or Less? 0.7% Debate
Agora

7:00PM – 9:00PM
Une soirée de souveraineté alimentaire
Terminus

For more information visit our website
www.scdi-icdw.uottawa.ca
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Shell to slow oilsands development
Royal Dutch Shell PLC will develop its oilsands holdings at a slower pace in the future, the energy giant's chief executive told a U.K. newspaper. THE CANADIAN PRESS

Feds going after Colvin: Lawyer

Whistleblower's legal fees not being paid

A lawyer for the whistleblower in the Afghan detainee issue says Richard Colvin has a "reasonable belief" that the Tory government is retaliating against him for his damaging torture testimony late last year.

Richard Colvin

Colvin's Toronto lawyer, Owen Rees, makes the accusation in a letter sent to the Military Police Complaints Commission yesterday.

Rees says the government has essentially stopped paying Colvin's legal bills since November, when the diplomat told a Commons committee that several senior government officials were aware that Canadian Forces in Afghanistan were handing over detainees to be tortured by Afghan authorities in 2006.

"Coupled with the government's public attacks on Mr. Colvin and his testimony before the special committee on the Canadian mission in Afghanistan … our client is left with the reasonable belief that the denial of legal indemnification is a reprisal for his participation before the committee and the commission," the letter says.

The latest Colvin development comes with Parliament suspended until March, leaving opposition MPs without their usual forum to tackle the issue. The opposition has accused Prime Minister Stephen Harper of proroguing Parliament to stifle the whole Afghan detainee issue.

Colvin is entitled to legal representations as a federal civil servant who was summoned to testify about his work in Afghanistan. The government agreed to provide some funding for independent counsel.

THE CANADIAN PRESS

Ontario **Minister gets a pie in the face**

RON ALBRESON/THE CANADIAN PRESS/HAMILTON SPECTATOR

Federal Fisheries and Oceans Minister Gail Shea reacts after getting a pie in the face in Burlington, Ont., yesterday. Shea was delivering a speech at the Canada Centre for Inland Waters. Police have charged a woman with assault. The animal-rights group PETA says it is responsible for the incident.

Canadian pleads not guilty in terror case

CHICAGO A Canadian businessman accused of leading a double life as an international terrorist pleaded not guilty yesterday to making plans for an attack on a Danish newspaper and helping arrange the rampage in 2008 that killed 166 people in the Indian city of Mumbai.

Tahawwur Hussain Rana, 49, a Canadian national born in Pakistan who has been a Chicago resident for more than a dozen years, intends to fight the charges, his attorney said.

THE ASSOCIATED PRESS

Young adults at risk for heart disease: Report

HEALTH Canada faces a "perfect storm" of heart disease, with younger adults at increased risk of earlier onset of heart disease and the huge baby boom generation approaching their senior years, the Heart and Stroke Foundation warned yesterday.

In its annual report card on the heart health of Canadians, the organization said the looming phenomenon will place an unprecedented burden on Canada's cardiovascular care system.

It's a situation governments can no longer afford to ignore, said Stephen Samis, the foundation's director of health policy.

The organization said inactivity and rising obesity rates are afflicting young adults aged 20 to 39, a group the foundation said it now considers at risk for heart disease.

"The face of heart disease is changing," said Toronto cardiologist Dr. Beth Abramson.

THE CANADIAN PRESS

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Pope calls for Christian unity

Pope Benedict XVI says the world is marked by religious indifference and a "growing aversion" to Christianity. The pontiff also is urging Christians to overcome their differences through dialogue so that they can unite their efforts to influence debates in society on ethical issues such as abortion and euthanasia. THE ASSOCIATED PRESS

World

Netanyahu's wife sues newspaper

The wife of Israeli Prime Minister Benjamin Netanyahu sued an Israeli newspaper yesterday for libel and defamation of character, claiming the Maariv daily is "maliciously trying to humiliate" her. Sara Netanyahu, left, is claiming damages of $270,000 US and demanding an apology and a correction for a story that stated that she fired a 70-year-old gardener at the prime minister's official residence. The gardener lost a son in one of Israel's wars. The suit comes a week after a former housekeeper sued Netanyahu for alleged verbal abuse and other mistreatment. THE ASSOCIATED PRESS

Where do they go now?

Government urges people to leave capital as 700,000 lack shelter

Haiti
Crisis

The collapse of much of Haiti's capital has a large part of the nation struggling just to find a place to sleep.

As many as one million people — one person in nine across the entire country — need to find new shelter, the United Nations estimates, and there are too few tents, let alone safe buildings, to put them in.

That leaves about 700,000 other people living on the streets around Port-au-Prince under whatever they can salvage. In the case of Jean Anthony's family, that's a blue plastic tarpaulin for a ceiling and a faded pink sheet with a floral print border for two walls.

"I'm not sure what you'd call it, but it's much more than terrible," said Anthony, the 60-year-old owner of a collapsed restaurant. Thousands of people were camped around him yesterday across from the collapsed National Palace, amid piles of trash and the stench of human waste.

"We live like dogs," said Espiegle Amilcar, an unemployed 34-year-old who has been staying under a sheet of plastic nearby. Aid organizations say they are collecting tents, but few so far are in evidence. And the International Organization for Migration, an intergovernmental agency, says it could take experts weeks to search out suitable sites for enough tent cities to hold earthquake refugees.

Haiti's government wants many of the homeless to leave the capital city of two million people, to look for better shelter with relatives or others elsewhere.

An estimated 50,000 to 100,000 people have returned to the region around the coastal city of Gonaives in northern Haiti, a city abandoned by many after two floods in six years.

"Living in Port-au-Prince is a problem. Going to Gonaives is another problem," said Maire Delphin Alceus. "Everywhere you go is a problem. If I could, I would have left this country and been somewhere else by now. But I have no way to do that." THE ASSOCIATED PRESS

ARIANA CUBILLOS/THE ASSOCIATED PRESS

Two men fight over a bag of rice during food distribution in Port-au-Prince yesterday.

Urgent meeting

- The UN says its top human rights body will hold an urgent meeting tomorrow on Haiti. The special session of the Human Rights Council was requested by Brazil.

Octomom **Octoplets turn one**

STAR MAGAZINE/THE ASSOCIATED PRESS

In this cover image released by Star magazine, the Feb. 1 issue features "Octomom" Nadya Suleman. As the octuplets celebrate their first birthday, the single, unemployed woman is raising 14 children while milking the celebrity media for attention and money that she plans to use to bring up her brood.

News in brief

IRAQ Suicide bombers struck in quick succession yesterday at three Baghdad hotels favoured by Western journalists in well-planned assaults that killed at least 37 people and wounded more than 100. The blasts were launched shortly before Iraq announced it had hanged Saddam Hussein's notorious henchman "Chemical Ali." THE ASSOCIATED PRESS

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Canada

Panel report on veils due

FRANCE A French parliamentary panel will recommend a ban on face-covering Muslim veils in public areas from hospitals to schools but will stop short of pressing for the garb to be outlawed in the street, the panel's president says.

The panel's report due today culminates a six-month inquiry into the wearing of all-encompassing veils that began after President Nicolas Sarkozy said in June that they are "not welcome" on French territory. The panel's mission, and a separate national identity debate on immigration, already have left some of France's Muslims feeling discriminated against, said Mohammed Moussaoui, who heads an umbrella group of various Muslim organizations.

France has the largest Muslim population in western Europe, estimated at some five million, but only several thousand Muslim women are thought to wear such veils, usually a niqab pinned across the face to cover all but the eyes.

"It is perhaps a marginal problem, but it is the visible part of the iceberg," lawmaker Andre Gerin, president of the parliamentary panel, said. "Behind the iceberg is a black tide of ... fundamentalism." THE ASSOCIATED PRESS

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SCANLIFE
Gov. Arnold Schwarzenegger tells Californians they have a right to be angry. Scan this code for the story.

News in brief

BEIJING China rebuked the U.S. yesterday, denying involvement in any Internet attacks and defending its online restrictions as lawful after Washington urged Beijing to investigate an attack against Google. The search engine giant had announced it would pull out of China unless the government relaxes its rules on censorship. THE ASSOCIATED PRESS

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Comment

Democracy strikes back

NationalReport

Lawrence Martin

metronews.ca/nationalreport

Considering the calamity in Haiti has overwhelmed all other news, as it should have, the number of Canadians who showed up Sunday for nationwide protests against the suspension of Parliament was impressive.

The people are speaking — in protests and in opinions polls. The story is not going away and the ramifications are many.

Firstly, it's a sign — a damn good sign — that democracy is alive in this country. We hear so often that Canadians don't care, that they're apathetic, that what goes on in Parliament is off their radar. But it sure hasn't looked that way.

Secondly, it's a development that knocks the prime minister from his arrogant perch, that hallowed ground wherein he seems to think he can get away with almost anything. The people have told him they're not going to put up with it. Here's betting you won't see Stephen Harper suspending Parliament for reasons of crass political gain ever again.

"We can get more work done, Conservatives say, when Parliament isn't in session ... When the opposition isn't around, it does make life a lot easier. It's tantamount to running a dictatorship."

Thirdly, the story has revived Liberal party fortunes. Prior to the prorogation, the slumping Michael Ignatieff had almost been written off as another dead Grit walking. But as is so often the case in politics, it's not what you do that counts, it's what your opponent does. Sometimes, out of the blue — deus ex machina — a big break comes your way. Iggy finally got one.

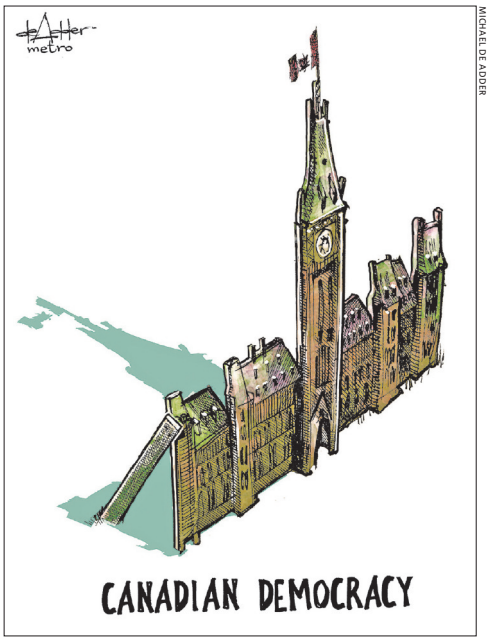
Fourthly, the Governor General will now take note of how serious the shutting down of Parliament is. In future it will likely take more than just a phone call from the PM. This was the third time, not just twice as many think, that Harper has shut down Parliament in the last year and a half. The first time was when he turned his back on his pledge of fixed election dates to force the 2008 election. Yes, there was an exception to the fixed-date law. An election could be called earlier if the government lost the confidence of the House. But in that instance the government had not lost the House's confidence.

As for the latest prorogation, Canadians aren't buying the Conservatives' excuses. One of them is that other governments prorogued as well. But no other government has done it three times in 18 months for cynical political reasons.

Then there's the latest rationale, a most revealing one. We can get more work done, Conservatives say, when Parliament isn't in session. That, in fact, is true enough. When the opposition isn't around, it does make life a lot easier. It's tantamount to running a dictatorship.

That's why Canadians are reacting the way they are. They're saying, "Sorry Mr. Harper, you can't have one."

Lawrence Martin is a journalist and author of 10 books who writes about national affairs from Ottawa.



MICHAEL DE ADDER

Views

Not easy to hack away at federal deficit

InBusiness

Charles Davies

metronews.ca/inbusiness

Deficit reduction in Canada reminds me of that scene in Monty Python and the Holy Grail where King Arthur encounters a Black Knight who won't let him pass.

As Arthur systematically hacks off his limbs, the Black Knight refuses to acknowledge that anything's wrong. "It's just a flesh wound," he chirps after losing both arms. By the time Arthur is finished with him, he's legless as well.

When Finance Minister Jim Flaherty delivers his budget March 4, he'll have all his appendages, but little else. The federal government says it can reduce the deficit to nearly zero by fiscal 2014 from more than $50 billion in the year ending March 31.

But given its planned approach, a combination of spending restraint (holding annual federal spending growth to more like four per cent rather than the six per cent it has been running at in recent years), leaving transfer payments largely untouched, no new taxation, and heavy reliance on economic growth, we'll see limbless knights dancing in the streets before the shortfall is eradicated.

You'd think cutting spending in an enterprise as vast and all-encompassing as the federal government would be easy, but no. Federal transfers, a mélange of equalization payments, health and social transfers, employment insurance, old age supplement payments and the like, are inviolable because it's political suicide to touch them.

They make up 45 per cent of Ottawa's current $236 billion a year in program spending. About 14 per cent goes to service our national debt, so we can't do anything about that. And 11 per cent goes to international, immigration and defence programs, a tally unlikely to shrink even if our troops are repatriated from Afghanistan starting in 2011. Let's not even think about Haiti.

Parliamentary budget officer Kevin Page, a realist unlike the spinmeisters in the Harper government, says Ottawa must save roughly $19 billion to balance the budget by 2014. But the longer you look at the federal government's current program spending, the harder it is to see where savings of this order can be made.

There is one possibility. Stockwell Day, who was named president of the Treasury Board in the recent cabinet shuffle, is expected to be Flaherty's hit man in reducing expenditures. Day can start close to home with the Treasury Board secretariat, the board's administrative arm and general manager of the government's operations. The secretariat is spending nearly $8 billion a year, and it must have some limbs in need of trimming.

Charles Davies is a veteran business writer who has worked for Canadian and international news organizations.

Worth mentioning

British boy's bike ride raises $160K for Haiti

A young British schoolboy has raised more than 100,000 pounds ($160,000) yesterday for Haiti's relief effort by cycling around his local park.

Charlie Simpson, 7, was so upset by the images of Haiti's deadly earthquake that he asked his mother if she could help him set up a sponsored bicycle ride around a west London park.

Charlie originally hoped to raise 500 pounds (for UNICEF's Haiti appeal with Sunday's eight-kilometre bike ride), but his Internet page was flooded with donations.

He raised nearly 50,000 pounds in a single day. Charlie's story was splashed on the front page of Britain's Daily Mirror newspaper yesterday, and money is still flooding in.

Haiti Crisis

"I want to make some money to buy food, water and tents for everyone in Haiti," he said on his fundraising website.

The effort drew the attention of Prime Minister Gordon Brown, with his Downing Street posting on Twitter: "Amazed by response to the great fundraising efforts of 7 yr old."

The boy's mother, Leonora Simpson, said she was amazed by the response. "We put it on the web and that was it, it suddenly took off and we can't believe it."

THE ASSOCIATED PRESS

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Firm retrofits containers for Haiti

A small Ontario firm is using retrofitted shipping containers to provide some of the essential equipment aid organizations need when working in areas as devastated as the parts of Haiti damaged in last week's earthquake. METRO NEWS SERVICES

Business

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US 94.51¢	US $5.722	US $75.26	11,354.51
(Unchanged)	US 9.7¢	US 72¢	11.08

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

EI exhaustion next hurdle?

Jobless could see benefits run out with no job prospects: Report

Hundreds of thousands of unemployed Canadians may exhaust their benefits before finding a new job despite improvements to the employment insurance system, according to an analysis by a senior Canadian Labour Congress official.

The analysis by CLC chief economist Andrew Jackson found that 500,000 Canadians who initiated EI claims in 2009 could very well see their benefits run out with no job prospects in sight.

The report noted that there were 120,000 more unemployed Canadians unable to collect benefits as of October 2009 compared with before the recession hit in October 2008.

"We can expect that the total number of new regular claims in 2009 will (have) hit about two million," Jackson said in his report, written for the Canadian Centre for Policy Alternatives.

"If the exhaustion rate were to remain the same as in 2006-07, we could eventually see some 500,000-plus exhausted claims in late 2009 and into 2010," he wrote.

The report gave credit to the government for extending benefits by an additional five weeks.

But it said the changes were inadequate to handle the additional demands on the system caused by the recession, where at the peak over 400,000 jobs were lost.

Even with improvements to the system, only about half of those unemployed nationally were collecting benefits as of last October. In Ontario, one of the hardest-hit provinces, that number was as low as 41 per cent, Jackson said.

He noted that the average time it took to find a job stood at 17 weeks as of last September, compared with 13.6 weeks in September 2008.

THE CANADIAN PRESS

Rising tide

• The number of Canadians who were collecting benefits rose from about 500,000 to over 809,000 between October 2008 and October 2009, but the number who were jobless and not collecting benefits also rose, Jackson said. Many of those were women, his report added.

m.metronews.ca

ScanLife

Could Apple's rumoured tablet duplicate the iPod's success and transform the ebook market? Scan this code for the story.

Albany, N.Y. Drill, baby, drill

MIKE GROLL/THE ASSOCIATED PRESS

Bill Hall, left, and Chris Gross hold signs in Albany, N.Y., yesterday, supporting natural gas drilling in New York state. Landowners say they should be able to sell drilling rights in the western Catskills and Southern Tier and that lease terms and proposed Department of Environmental Conservation rules will protect them.

Middle class under assault, says Obama

POLITICS U.S. President Barack Obama is offering help for people struggling to pay bills and care for their families, appealing to a middle-class he says has been "under assault for a long time."

In a partial preview of a state of the union address that aims to answer voter angst about the economy and reconnect with the public, Obama outlined yesterday the series of proposals from the White House.

The product of a middle class task force headed by Vice-President Joe Biden, the proposals will also be included in Obama's budget request due to be submitted to Congress next week.

Among the initiatives: a doubling of the child care tax credit for families earning under $85,000 US; a $1.6 billion increase in federal funding for child care programs and a program to cap student loan payments at 10 per cent of income above "a basic living allowance."

His initiatives also include expanding tax credits to match retirement savings and increasing aid for families taking care of elderly relatives.

THE ASSOCIATED PRESS

Loss rings deep

• Obama is seeking to offer some attractive options to taxpayers, mindful of the painful implications of the loss of a traditionally Democratic Senate seat in Massachusetts to Republican Scott Brown.

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Business in brief

MUSIC BIZ The U.S. Department of Justice has imposed major concessions upon Live Nation and Ticketmaster in approving the companies' merger. Shares in both companies jumped in trading yesterday after reports surfaced that the merger would be approved. Included in the settlement is a requirement that Ticketmaster license its ticketing software to competitor AEG.

LAYOFFS Wireless equipment maker LM Ericsson AB yesterday said it will cut another 1,500 jobs this year after reporting a 92 per cent drop in fourth-quarter profit as mobile operators slashed spending.

METRO NEWS SERVICES

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Your Money

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Asset inventory yields hidden cash

AlisonOnMoney

Alison Griffiths

metronews.ca/alisononmoney

This is triple witching time — money wise, at any rate. Holiday bills are still not paid, RRSP contributions still not made and tax season looms. This is when I get a rising crescendo of pleas for help. Most of them along the lines of neighbours Julia and Jason: "We just can't find any more money. What are we going to do!"

Answer: The Audit Squad — actually, just moi. I offered to do what I call an excess asset inventory and sift through their possessions to discover superfluous, selleable items. The only rules were: Don't hide anything and no whining when we're finished.

I started in the garage, so overstuffed they couldn't fit the car in as well. I found a working freezer and a dorm-sized fridge. Sold! $150. A weight set. Sold! $35. Beer and wine bottles. Returned! $22. A '50s chrome dinette set. Sold! $100. A perfectly good 27" TV. Sold! $50. A box of 1960s mint condition vinyl albums. Sold! $225.

Getting the picture? They had almost $1,500 of malingering assets in the garage, all purchased with credit cards, which have big balances. In effect they are still paying 19 per cent interest, or almost $25 a month for this stuff.

I was licking my lips as I headed into the house. Hello Kegerator! There was much resistance from Jason about the pool table (unracked for three years) and an exercise bike sporting a cobweb hairdo.

ALISON'S MONEY RULE
At this time of year, when money is scarce, do an audit of your underused and unwanted stuff and start selling.

Julia enjoyed Jason's dismay until I turned to her bureau. She had gobs of no longer worn costume jewelry plus a drawer filled with gold items either broken or missing a mate. The gold went for $400 at a gold party.

After the audit, Julia and Jason sold almost $3,000 worth of stuff which made a big dent in their credit card debt and freed up some money for RRSP contributions. The bonus? They can now get their car in the garage.

Alison Griffiths is a financial journalist, author and host of Maxed Out on the W Network. Write to her at alison@alisongriffiths.ca.

Pullback opens opportunities

Investing

Allan Small

metronews.ca/investing

Over the last week a number of political events soured investors and caused them to take profits and become more defensive.

First, the Chinese government said they are concerned their economy may overheat and growth is out of control and that may produce an inflationary problem. This prompted China to propose new rules and hint at others to slow their economy's growth.

In the United States, some new bank reforms have been proposed to curb and control the way the banks conduct business. First, President Barack Obama introduced a bank tax to try to recover taxpayer money spent on bailouts of major corporations and sectors of the market. Last Thursday, Obama went a step further: He proposed laws that will govern how certain U.S. banks conduct aspects of their business and placed restrictions on the size of these banks as well. This did not sit well with investors and the effect was a sell-off in equity markets in Canada and the U.S.

If these two events weren't enough, on Friday it was revealed that Ben Bernanke's position as head of the U.S. Federal Reserve was not a sure thing for another term. Apparently, many politicians are holding back their votes. Most investors and advisers around the world believe that if Bernanke is not reconfirmed for another term, it would cause markets to fall sharply.

It is my opinion that investors should take this recent pullback as an opportunity once again. Shares of a number of companies have fallen in sympathy with the broader market even though these companies are performing well. If this market pullback is just political in nature and the outstanding issues are eventually resolved, then investors need to seek out the investments today that are doing well and purchase them at these lower prices. If you are a long-term growth investor, these are the opportunities that can provide for above average growth if you can handle the risk and volatility of the equity market.

"Shares of a number of companies have fallen in sympathy with the broader market even though these companies are performing well."

Allan Small can be reached at asmall@dundeesecurities.com The views expressed are not necessarily those of Dundee Securities

Which savings plan is right for you?

MoneyMatters

Henry Choo Chong

metronews.ca/moneymatters

Q **My wife and I, are recent homeowners with young children. We would like to begin setting aside some savings. However, we cannot decide which savings vehicle would be best for us. — Maureen and Josh**

A There is no right or wrong answer, but what is best for you at a specific point in your life. Many people choose to follow the traditional path. At first, the priority is securing a good job. Finding the right mate and managing the cost of a wedding. Becoming a homeowner follows not too far behind. Starting a family, happens sooner rather than later.

Recent statistics indicate a decline in RRSP contributions. This is startling, as baby boomers are increasingly heading into retirement. A Government Pension and Old Age Security may not suffice for most. The vast majority of Canadians contribute nothing. The one's that have do, the one's that can't, don't. Not surprising!

A quick comparison of registered accounts may help with your decision.

Registered Retirement Savings Account (RRSP):

- Annual contribution allowed — 20 per cent of prior year's earned income (maximum $21,000 for 2009)
- Tax deduction — If your tax bracket is 40 per cent, then every $100 contributed will save $40.
- No tax on investment income
- Must collapse at age 71 (withdrawals taxed prior to this age)

Tax Free Savings Account (TFSA):

- Maximum $5,000 per year (missed contributions accumulate)
- No tax deduction
- Can withdraw anytime without tax
- No tax on investment income

Registered Education Savings Plan (RESP):

- 25 per cent grant for first $2,500 contribution
- No tax on investment income, if kept for child's education
- $50,000 maximum per child
- No tax deduction

If you can do all, then go for it. Unfortunately, for many that is not a reality. Sit down and spend an hour or two with a financial adviser. It could be the most well invested time spent.

Henry Choo Chong, CGA, can be reached at choochonghcga@yahoo.ca.

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Saints-Vikings game a ratings hit

A record average Canadian audience took in the New Orleans Saints thrilling overtime playoff win over the Minnesota Vikings on Sunday night. CTV, which carried the Saints' 31-28 victory in Canada, announced yesterday the NFC championship game attracted a record average audience of more than 2.6 million viewers. THE CANADIAN PRESS

Sports

Second Wizard pleads guilty

Washington Wizards guard Javaris Crittenton, left, pleaded guilty to a misdemeanour gun charge yesterday, explaining he had a pistol because he feared teammate Gilbert Arenas would shoot him or blow up his car after the two argued over a card game. The hearing marked the first time authorities confirmed Crittenton was the other player involved in the confrontation with Arenas, who pleaded guilty Jan. 15 to a felony gun charge. THE ASSOCIATED PRESS

EDITOR: DON.MCHOULL@METRONEWS.CA

Sens' resurgence starts in net

Brian Elliott found himself in the spotlight for all of the right reasons yesterday.

The Ottawa Senators are riding a season-high six-game winning streak, and the play of the second-year goaltender has been a big reason for that success.

He and his teammates are enjoying the run — certainly much more than the criticism they were facing just a couple of weeks earlier when the Senators were stumbling along with their goaltending taking a large share of the blame.

"Goaltending is probably the biggest factor in the league these days and when your goalie keeps you in games and gives you a chance to make a few mistakes and make up for them later on, it just kind of feeds through the team," Senators centre Jason Spezza said after Elliott was named the NHL's first star of the week.

m.metronews.ca ScanLife

Komisarek's return a rare stroke of fortune for woeful Leafs, but playoff hopes remain dim. Scan this code for the story.

"Ells has done a good job of that lately and the boys have tried to help him out by giving him a little bit of run support."

The Senators host the New Jersey Devils tonight and it's expected Elliott will be in goal again as the Senators try to win seven in a row for the first time since Oct. 13-Nov. 6, 2007, a streak in which they racked up eight straight victories.

Ottawa has allowed just seven goals against over the past six games and is benefiting from confidence in its own end.

"You can't win in this league without goaltending, so it's obviously it's been a big part of it, but we've played well in front of him, it's been a real good team effort lately," said head coach Cory Clouston.

"(Elliott) is playing with more confidence and he's getting on the top of his crease and just doing what he needs to do.

"That's the way we've expected him to play for the most part."

THE CANADIAN PRESS

PHILLIP MACCALLUM/GETTY IMAGES

Ottawa's Brian Elliott makes a pad save with Florida's Stephen Weiss at the top of the crease looking for a rebound in this file photo. Elliott has been a huge part of the Sens' recent success.

Sports in brief

QMJHL The Quebec Major Junior Hockey League hopes it has sent a strong message against dangerous, illegal hits by suspending Patrice Cormier for the rest of the season and the playoffs. The league handed down one of the longest suspensions in its history yesterday when it banned the Rouyn-Noranda Huskies centre for elbowing Quebec Remparts defenceman Mikael Tam in the face in a game Jan. 17.

METRO NEWS SERVICES

SCOREBOARD

NHL

YESTERDAY'S RESULTS

Pittsburgh 4 N.Y. Rangers 2
St. Louis at Calgary
Buffalo at Vancouver

NBA

YESTERDAY'S RESULTS

Boston 95 L.A. Clippers 89
Cleveland 92 Miami 91
Indiana 109 Philadelphia 98
Orlando at Memphis
Atlanta at Houston
Chicago at San Antonio
Charlotte at Denver
Phoenix at Utah
New Orleans at Portland

Timmer fails to qualify for Olympics
Olympic champion speedskater Marianne Timmer failed to qualify for the Vancouver Games yesterday and won't get a chance to defend her 1,000-metre long-track title next month. In a three-way skate-off, the 35-year-old Dutchwoman could only manage third place. THE ASSOCIATED PRESS

Vancouver Games

EDITOR: DON.MCHOULL@METRONEWS.CA

Yzerman keeps eye on players' injuries

Team Canada roster features growing infirmary list

These are the truly anxious moments for Steve Yzerman.

Since he unveiled Team Canada's line-up at the end of December, the executive director has seen Marc-Andre Fleury, Brenden Morrow, Dan Boyle, Patrice Bergeron and Ryan Getzlaf miss games because of injury.

Even though all 23 of his original picks are still expected to be in Vancouver next month, Yzerman knows that could change on any given night. He's found it a tad difficult to relax while waiting for the Games to start, especially given that something bad could happen to one of his players in the meantime.

"Just sitting between announcing the team and (the time leading) up to the Olympics is the most difficult part," Yzerman told The Canadian Press in a recent interview. "There's not a whole lot you can do at this point. You're sitting wondering if you've got injured guys, how are they going to be? I'm just watching guys play."

While Bergeron (broken right thumb) and Getzlaf (leg) have both returned to action, the other three players were on the sidelines at the end of last week.

Injuries could play a big role in these Olympics because teams won't be carrying a taxi squad like they did four years ago in Turin. Each country will register its final 23-man roster Feb. 15 — the night before the tournament begins — and no one else will be eligible to suit up at the event.

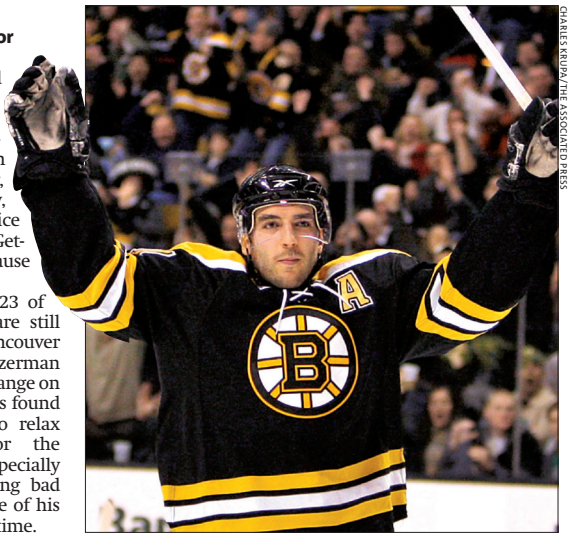
As a result, teams will be reluctant to bring any players with nagging problems that might be easily aggravated in Vancouver. Yzerman and his Olympic management group have been sure to monitor each situation as closely as possible.

There's reason to believe this Canadian Olympic squad might have more success on the scoresheet than the 2006 version.

A number of the team's players have been hot of late, with Pittsburgh's Sidney Crosby leading the way last week by scoring eight points in three games. That included a six-point night against the Islanders on Jan. 19 to match his career high for a game.

It was also a good few days for Eric Staal, who has scored five goals in three games since replacing Rod Brind'Amour as captain of the Carolina Hurricanes. He'll be one of nine Canadian players at the Olympics who captains an NHL team.

THE CANADIAN PRESS


CHARLES KRUPA/THE ASSOCIATED PRESS

Bruins centre Patrice Bergeron, who was named to Canada's Olympic squad, recently returned from a broken right thumb.

Fast approaching

- The NHL shuts its doors for the Olympic break Feb. 14, leaving teams with between eight and 11 games to play before Team Canada faces Norway in Vancouver Feb. 16.

Flag-bearer will be named Friday

CEREMONY The athlete who will lead the Canadian team into B.C. Place during the opening ceremony at the Vancouver Olympics will be revealed Friday.

The Canadian Olympic Committee will announce the flag-bearer for the Vancouver Games in Richmond, B.C.

Possible candidates include long-track speedskater Clara Hughes, bobsled pilot Pierre Lueders, hockey player Hayley Wickenheiser, visually impaired cross-country skier Brian McKeever and speedskater Jeremy Wotherspoon.

Hockey player Danielle Goyette was Canada's flag-bearer at the 2006 Turin Games.

The selection of the flag-bearer begins with the different sports federations recommending candidates.

THE ASSOCIATED PRESS

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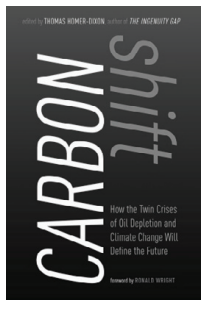

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Snowboard team mixes youth, experience

TEAM CANADA Four years ago, a 13-year-old Palmer Taylor was on the edge of her sofa watching the world's best snowboarders attack the Olympic halfpipe on TV.

During next month's Vancouver Winter Games, she's going to be much closer to the action as Canada's youngest snowboarder.

Taylor, now 17, has joined a team of riders that Canadians will be counting on to produce Olympic hardware.

The 18 riders — 10 men and eight women from the sport's three disciplines — were formally introduced Monday in Quebec City.

Inside the halfpipe, Taylor will join Olympic veterans Sarah Conrad of Dartmouth and Mercedes Nicoll of Whistler, B.C.

Palmer Taylor

Taylor, a member of the national development team, can't wait to challenge her heroes on the ice walls of the superpipe.

"My dad, he had his arm around me and I was like, 'Dad, I want to do that,'" recalled Taylor, who watched the 2006 Turin Games at her family's home in Collingwood, Ont.

"And what do you know? Here I am now."

The Canadian snowboard team will bring a mix of experience and youth to the Olympics. It will also carry some lofty medal expectations.

World No. 1 Maelle Ricker of West Vancouver, and second-ranked Dominique Maltais of Petite-Riviere-St-Francois, Que., will lead the way in snowboard cross, a bruising, high-speed event.

Maltais won Canada's only snowboard medal in Turin, where she captured the bronze.

Members of the men's boardercross team could also climb the podium in Vancouver.

The deep squad includes No. 4-ranked Robert Fagan of Squamish, B.C., Mike Robertson of Canmore, Alta., Francois Boivin of Jonquiere, Que., and 35-year-old snowboard-cross warrior, Drew Neilson of North Vancouver.

Jasey-Jay Anderson of Mont-Trembant, Que., the defending world champion in parallel giant slalom, returns to the Games for the fourth time. He will be gunning for his first Olympic podium.

Michael Lambert of Toronto, ranked No. 4 in the world, and Matthew Morison of Burketon, Ont., round out a strong men's alpine team that could also challenge for medals.

THE CANADIAN PRESS

Money-saving tip

Limit your ATM withdrawals and bank fees. Plan your spending and always use cash. You may want to consider leaving your debit card at home, too. **NEWS CANADA**

Financial Planning

SPECIAL FEATURES EDITOR: STEPHANIE.BOMBA@METRONEWS.CA

Easy to control your future

Obstacles such as job loss can be overcome with plan

RAFAEL BRUSILOW
for Metro Canada

Financial planning is crucial to meeting many of your life's goals, but many people are afraid of making that first commitment.

Jeff Young, senior manager of financial planning support at RBC, says the first step to taking control of your financial future is to find an expert you trust who understands you.

"I strongly encourage people to work with an adviser because there are intricacies in financial planning that most individuals are not ready to handle alone. An adviser can really help you get a vision of what your goals are," Young said.

Decide on what your short-, mid- and long-term goals are, and then be realistic about whether you'll be able to reach them. If some of your goals are too vague or too lofty (at least for now), it might be time to tackle them in order of importance rather than trying to conquer them all at once.

"Put all your goals together and ask yourself, 'Can I achieve all these goals?' If you can't, it's time to prioritize," Young said.

With people living longer, inflation continually rising, taxes slowly creeping up and economies swerving up and down, Ida Templeton, a director with Canadian financial services firm Investors Group, says some measure of financial planning is crucial for everyone.

Having a financial plan can help you to understand what your short-, mid- and long-term goals are.

"The reason financial planning is so critical is that we all are living under the same financial circumstances. A financial plan allows you to be in a position where you can control the things you actually have control over," she said.

While certain things in life can be predicted, some of the most challenging situations can happen suddenly, such as a job loss, a death in the family or an economic downturn, and good planning can help you weather those challenges.

"A really critical component of any good financial plan is planning for the obstacles. Stay close to the fundamentals that build up a very strong foundation in your financial pyramid," Templeton said.

The concept of good and bad debt is important to remember, Templeton says, because the difference has enormous implications for your financial health. Good debt, such as an RRSP loan, can help you meet financial goals in the right situation, whereas bad debt, such as credit card interest, can hold you back from those goals.

Templeton says that no matter how long you've waited to set out on a financial plan, it's never too late to start.

"I think people underestimate the power and opportunity they have, and a lot of times it just means asking the right questions. Be conscious and realize that no matter how much money you have, you can make positive changes for yourself," Templeton said.

Sticking to a budget similar to being on a diet, expert says

ROBYN YOUNG
for Metro Canada

When it comes to financial planning, there's no time like the present.

"It doesn't matter if you're in your 20s, 40s or 80s, as long as you start," said Laura Rossiter, a consultant with Investors Group Toronto Midtown.

But the earlier you start, the stronger your plan will be and the better your saving habits will become over time, she added.

There are a number of ways to develop a financial plan, says Tamara Smith, vice-president of marketing and consumer affairs for the Financial Planning Standards Council.

Start by setting life goals, tracking how much you spend over the course of a month, setting a monthly budget and sticking to it, and trying to save 10 per cent of your take-home salary, she said.

"It's like a diet, you've got to start the first day and then you go the second day and the third day and you just keep at it," Smith said.

The next step is to make an appointment with a financial adviser.

Most major banks provide financial planning as a complimentary service for customers, but the service may be attached to products such as RRSPs, a mortgage, or a savings account.

Other groups offer financial advice without the attachment to products, but charge a fee for the service.

Whatever route you choose, it's important to talk to a professional, says Kevin Macleod, certified financial planner and vice-president of Moneyadviser.ca in Calgary.

"I think there's a lot of misinformation that gets poured down our throats about money," he said.

A financial planner helps you sort through the maze of information out there and figures out what works best for you, he said.

Finally, when looking for a financial adviser, make sure they know what they're talking about.

"Most provinces do not have any regulations around who can call themselves financial planners, so it's really a buyer beware market," Smith said.

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Financial Planning

Always set money aside: Experts

RAFAEL BRUSILOW
for Metro Canada

Cash flow got you in a cash-crunch? Maybe it's time to start thinking about — and sticking to — a budget.

Kira Vermond, money columnist at Chatelaine magazine and author of the book Earn, Spend, Save, says credit cards and easy loans have created an impulse-buy system where it's too easy to go off the rails budget-wise because you don't feel like you have to save for big things.

Kira Vermond, author of Earn, Spend, Save, says people have forgotten how to save for big-ticket items.

"The one thing we've forgotten to do as a society is how to save for big-ticket items. We really have to take a page from our grandparents — they knew how to save for things. You have to set goals and work towards them," she said.

Vermond says the key to keeping a budget healthy is to always set away money, even in small amounts, for expensive things like trips while also setting money aside for crucial things like utilities and living costs. Before buying anything you might regret, Vermond recommends first visualizing its inevitable closet-stuffing fate.

"I like to picture things collecting dust in my house. There's so much stuff that we buy that we don't actually use much, and all of it will end up in a landfill eventually anyway," Vermond said.

Credit cards and easy loans have created a system where it's easy to go of the rails, budget-wise.

Glenn Lightfoot, a financial planning consultant with RBC, suggests thinking of your spending as going into different buckets, then tracking how much gets thrown into each bucket regularly.

"Separate your spending into 'Need to Have,' 'Nice to Have,' and 'Long-Term Goals.' You need to understand where your money is going," Lightfoot said.

Learning how to deny yourself things, no matter how small, is a crucial skill, and Lightfoot suggests you approach your budget from a business perspective.

"It's the little things that add up during the week — the coffees, the lunches — that kill people. If you run your family budget the way a business runs its budget, you'll be able to think more ruthlessly," Lightfoot said.

Budgeting tips

Kira Vermond offers a few tips for making sure your budget stays on track:

- Figure out how much you're spending by tracking where your cash goes for two or three weeks.
- Take a look and decide if what you're spending your money on makes sense. Are you buying useless or unnecessary stuff too often?
- Force yourself to spend less: If you go to the grocery store, take only $100 in cash with you so you can't spend a penny more.
- Avoid impulse buys: Wait 24 hours before buying something and always imagine what it would look like collecting dust, since that's what most items we buy end up doing.

Reshape your finances in eight hours

By now, you may find your fervent vows to lose weight and get to the gym regularly have fallen by the wayside. But take heart, there's still plenty of time, and plenty of ways, to take advantage of the new year to get your finances on track.

Just don't expect it to happen all at once, experts say.

"The very first thing you do as you make your resolutions is say, 'My money management is going to be an evolution,'" said Patricia Lovett-Reid, senior vice-president at TD Waterhouse Canada Inc.

There's an analogy she likes to use: Think of yourself as the hub in the centre of a bicycle wheel. Each spoke on the wheel represents an element of your financial life, such as investments, insurance, debt, or credit.

"As you address each spoke, you start to gain momentum and you start to gain traction," Lovett-Reid said. "What happens is even in periods of volatility in the market — and there will be volatility in the market — you feel a sense of control because you're dealing with each element. And so you gain momentum. You get a better trajectory."

Resolve to get a handle on your debt this year, experts advise.

This doesn't involve a huge time commitment, said financial planning expert Kurt Rosentreter, financial adviser with Manulife Securities Inc.

Allocate eight hours to your personal finances in 2010, he said. That could be four hours for your investments, maybe two two-hour long meetings with your adviser, or sitting down and reviewing your investments yourself. The other two or three hours could be basic education about mortgages or children's savings, with another hour or so looking at insurance or wills.

"People say they don't have the time, but they'll watch eight hours of TV in two nights or spend that time on the Internet," Rosentreter said.

"Get some accountability over that and you won't be sitting around in five years wondering, 'Where did all my money go?'"

Lovett-Reid and Rosentreter offered some quick examples of financial resolutions for the new year.

- **Investments:** Make sure your investments are aligned with your goals. If you're apprehensive of dealing with your finances because you feel you don't know enough, try to learn more through basic personal finance courses or reading on your own.
- **Tax planning:** "Too many of us think tax planning is just filing your taxes at the end of April or just putting some slips into a software tool and mailing it off. Real tax planning happens all year long and it's more a matter of just understanding the rules and applying it to your personal circumstances," Rosentreter said.

Not sure where to start? Sign up for some tax newsletters or sit down with an accountant.

- **Mortgage:** More than likely, Canadians will be faced with higher interest rates this year. That means you may need to ask yourself some hard questions. Are you paying it down fast enough? Will you be able to afford a bigger payment if higher interest rates come, and if not, what does that mean? If you're contemplating a bigger house or a second house, is that wise in a year when it could get a lot more expensive to borrow money?
- **Debt:** Resolve to get a handle on it, really figure out how much you owe, particularly on your credit cards and lines of credit. "Most of us know how much money we make. We don't necessarily see what we're spending it on and that's a problem," Lovett-Reid said.

"You will have to confront that debt so you can begin to build a plan and move forward."

TORSTAR NEWS SERVICE

'Two heads better than one'

JON TATTRIE
for Metro Canada

A good investment adviser is like a good doctor. She'll take a broad, long-term look at your financial situation and offer a plan to keep you fiscally healthy, even if the marketplace gets sick. Experts say investing without advice can be like diagnosing yourself online: Risky.

Terry McCullough spent 10 years working as a financial/investment adviser and now teaches investment courses at Ontario's George Brown College.

"Financial advisers do really pay (off) for people — if they do their homework. It's a marriage," he says. "Advisers come in all shapes, sizes and flavours. Even a great adviser is not always good for a specific client."

McCullough says advisers bring balance. "They can say, here's what we can look for in the way of a return, here's what we expect to see to happen to you now, and here's what your needs will be in different time frames," he says.

They can provide a disinterested take on the markets and your money, balancing risk with reward.

"In the last year, if somebody had had a balanced portfolio and equity markets corrected drastically, but bond markets made a bit of money ... we could adjust your 50-50 portfolio at that point. Sell some of the bonds, buy some of the equities at a lower price," he explains.

Scott McCartney, senior investment adviser with Canaccord Wealth Management, says there's lots of free advice, but you'll get what you pay for. People don't have the time to deal minutely with their money, so they hire him. His clients call him with tips they've heard at the pub and it's his job to check them out in the real world.

"Most of what I do is I'm simply a guide," he says from his Edmonton office. "As a guide, I can bring to the table institutional-type investments that people can't get on their own."

Online investing can make it too easy to make a bad decision with your finances, he says. If all you have to do is point and click to change your RRSP from a value strategy to a speculative strategy, it's "good to have somebody on the other end of the phone to say you might want to consider this or that — two heads are better than one."

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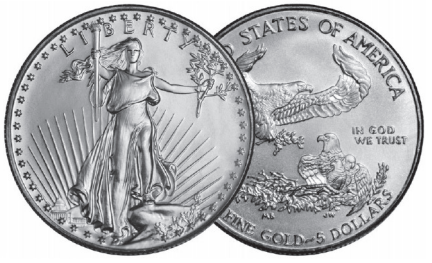

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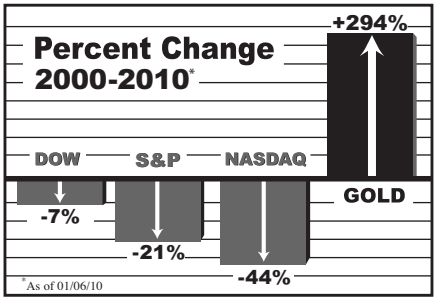

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Babies being born smaller, study

U.S. newborns are arriving a little smaller, says puzzling new Harvard research that can't explain why. The average birth weight of full-term babies is just under 7 1/2 pounds, a drop of about 1.8 ounces. THE ASSOCIATED PRESS

Health & Beauty

The roles of attraction

The J Spot

An online dating website that recently expelled 5,000 members, including 500 Canadians, because they no longer met the site's beauty standards has — not surprisingly — met with a lot of criticism.

Frankly, given the unapologetic and blatantly provocative response from the site's management, I think the whole thing reeked of a publicity stunt so I don't care give them any more free publicity by naming the site.

But, stunt or no stunt, it did raise the question about how honest we are when it comes to the importance of looks when it comes to meeting people.

While most guys in my own very unofficial survey admitted that looks matter, most at least tried to pretend that what attracts them physically to a woman went beyond the superficial, with several citing "a woman's eyes" as the first thing that draws them in. Hands came in a close second.

"They're lying," countered one of the many women I asked who cited "sense of humour" as what turned her crank. That's right, because looks are only more important to men. "Oh, and a developed upper body, of course," she added. Bingo.

Another male respondent pointed out that both eyes and a sense of humour are ridiculous answers. "What am I going to say? 'Man look at that woman across the street, great eyes, and what a funny hat, she must have a great sense of humour.'"

Okay, so maybe we're all lying to ourselves. Looks do matter. Still, when pressed, most people will tell you that, when it comes to attraction, looks might get your foot in the door, but if they don't like what greets them once they get inside, they're just as likely to turn around and walk back out.

As American First Lady Michelle Obama told Glamour magazine when they asked her for dating advice, "Cute's good," she said. "But cute only lasts for so long and then it's, 'Who are you as a person?'"

Ultimately, when it comes to lasting relationships, having similar morals, values, world views and goals in life play a way bigger role than physical attraction.

In fact, given the importance of all this other stuff, physical attraction seems like a pretty misguided and unreliable starting point when it comes to finding a mate.

Maybe I should start should start my own exclusive dating site for the rest of us. What do you think? averagelookingpeoplwith lotsofothergreatstufftooffer.com? No beautiful people allowed.

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.

Medical maggots matter

Inching back the red tape on production

CELIA MILNE
for Metro Canada

Medical maggots have been making a comeback. But it bugs wound clinicians that Canadians can't get access to maggots the way Americans can.

Creepy as it sounds, maggots are actually very helpful in treating serious wounds. They eat dead tissue and destroy bacteria, while leaving healthy tissue untouched.

For people who are facing the horror of possible amputation, maggots can be a practical, inexpensive and efficient solution.

"Most patients with chronic, draining, stinking, limb-threatening wounds, often having already suffered weeks or months with them, recognize that 48 hours or more of maggot therapy is much less 'icky' and scary than their wounds," says Dr. Ron Sherman, director of Monarch Labs in Irvine, California, which supplies maggots to hospitals in Canada and the U.S.

In order to be effective, maggots must arrive at the bedside starving and be used right away. So timing is crucial.

But here's the snag. Health Canada recently reclassified maggots as "drugs" instead of "devices," and this has slowed to a crawl the process of getting them across the border.

DR. ROBERT KIRSNER/ UNIVERSITY OF MIAMI/AP PHOTO

Think of these wriggly little creatures not as, well, gross, but as a miniature surgeon. Maggots are making a medical comeback, cleaning out wounds that just won't heal.

"In order to be effective, maggots must arrive at the bedside starving and be used right away. So timing is crucial."

Until last year, it took about 24 hours for them to arrive. But it can now take up to three weeks, according to Christine Pearson, a B.C. nurse and board member of the Canadian Association of Wound Care, who spoke to the Canadian Medical Association Journal about the issue.

"The problem with shipping maggots is that they are not only live, but highly perishable. They can not be fed during their journey, or else they will no longer be 'hungry' and effective upon arrival at the bedside," says Sherman.

Maggots are approved by the U.S. FDA but not Health Canada. No company in Canada can manufacture or market maggots until a large clinical trial is done here, but funding is scarce and bureaucratic red tape is abundant, according to Sherman.

Monarch has been sending medical maggots to Canada for 18 years. Last year, they received about 50 orders for maggots, by clinicians in Alberta, British Columbia, New Brunswick, Nova Scotia, Ontario and Quebec. But with the new rules, reported Pearson, ordering maggots is a big hassle for Canadian doctors and nurses.

The best solution would be to set up a maggot-producing laboratory in Canada, says Sherman, and thereby cut down on the delays and frustrations of importing creepy, crawly insects across the border.

Monarch Labs is actively seeking research funding to do Canadian clinical trials of medical maggots.

Then, Monarch would request marketing clearance "if the results are anywhere near as favourable as they have been in the U.S. studies," he adds.

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GIVE YOUR SKIN A FRESH START FOR THE NEW YEAR

A RESOLUTION THAT IS EASY TO KEEP

Lose 10 pounds, start a fitness routine, engage in volunteer work. Most of us use the new year as a chance to take stock of our lives and resolve to make changes in a variety of areas. Although we approach these changes with utmost sincerity, it's not always easy to keep up the momentum. But don't despair. Research has shown that it is easier to reach your goal if you have set it yourself. There are many changes that are within your control.

Take your skin for example. At this time of year, it's easy for it to feel unloved due to cold, dry outdoor air, artificial indoor heating and hot showers. The harsh conditions of Canadian winters can strip away the oils from the surface layer of skin. Once the surface layer is compromised, skin can no longer retain its moisture. As a result, skin on the face and body tends to be in worse condition during the winter months than at other times of the year.

But January is a great time to make a commitment to taking better care of the skin on your body. Luckily the majority of factors that lead to dry skin are external and controllable and with care and attention, they can be treated and prevented. This means protecting your outer layer from the elements and taking the time to exfoliate, cleanse and moisturize. If you stick to your routine, your body will reap the rewards.

Dry skin can appear anywhere on the body but hands, arms, lower legs, elbows, back, knees and abdomen are the most common areas. Often it feels like the skin is tightened or annoyingly itchy, but on some people, dry skin can be noticeable and very problematic. In extreme cases, dry skin can lead to inflammation of the skin which can manifest as redness, swelling, crusting, weeping, cracks and fissures. These open cracks and fissures may lead to skin infection.

> The New year is a great time to make a commitment to taking better care of the skin on your body

A RESOLUTION FOR SKIN CARE

Give your skin a fresh start by giving it the treatment it deserves with new **Olay Quench Advanced Relief Body Lotion.** Specifically formulated to help strengthen skin's moisture barrier over time, Quench Advanced Relief Body Lotion helps prevent dry skin from coming back helping to break the dry skin cycle. As well, Quench Advanced Relief provides moisture that lasts up to 24 hours, is dermatologist tested and clinically proven to moisturize and retain moisture for as long as five days after use. Formulated with ingredients that help combat dryness, including, VitaNiacin and Vitamin E, Quench Advanced Relief is non-greasy and fragrance-free.

New year, new you

Throw out those overwhelming, hard-to-follow resolutions and focus on goals that may be easier to achieve. Here are some easy-to-implement tips for making skin care a priority this year. Remember, a few minutes a day can make a world of difference in your skin's appearance!

1. IF YOU DON'T HAVE A SKIN CARE REGIMEN, START ONE

It's as easy as 1-2-3. Moisturize your body and face daily to help restore the natural oils and moisture in your skin. And always remember to clean your face to remove makeup, oil, daily grime and pollutants.

2. PROTECT YOUR SKIN FROM THE SUN

Applying a moisturizer with UV protection every morning is the most important step you can take to protect your skin. You may not see the results immediately but your skin will thank you in years to come.

3. ADD AN AT-HOME TREATMENT TO YOUR ROUTINE

At-home versions of treatments are growing in popularity. Try Olay Thermal Pedicure for your feet. Used twice or even once a month, at-home treatments can help to reveal younger-looking, fresher skin.

4. GIVE YOUR HANDS THE MOISTURE TREATMENT

Gloves or no gloves, hands can suffer from the harshness of the cold season. Relieve dry, winter hands with a good hand lotion.

OLAY®

Thin but not necessarily sexy

Slender. Toned. Tanned. Women — and men — with such bodies are generally seen as highly desirable and sexy. Which is why it may come as a surprise that thinness may deplete your sex drive — and your fertility. **NEWS CANADA**

Snowshoeing breaks a serious sweat

CELIA MILNE
for Metro Canada

ACTIVITIES Looking for a way to get in shape this winter? Try snowshoeing: it's easy and fun, and it'll burn more than 500 calories per hour. Snowshoes are now light-weight and can be purchased for men, women or children. They generally cost anywhere from $80 to $300, and are easy to transport.

Dressing for snowshoeing is similar to dressing for a winter run or cross-country skiing. You will be very warm when you are in motion, but need to have layers handy to put back on when finished. You should wear comfortable — not too bulky — footwear such as hiking boots, and you may want to purchase a pair of gaiters to keep your ankles dry. Most people like to snowshoe with ski poles for support, but it is not absolutely necessary.

Snowshoes have teeth or grips built in so that you can trek up and down hills without slipping. The best fun is snowshoeing with a group. Take your dog along too!

RON BULL/TORONTO STAR PHOTO

In this file photo, Frank Rasky, snow shoe touring chief for the North Toronto Ski Club, works out at Riverdale Park.

Snowshoeing can be an all-day affair or a quick walk in the park. You can start in your own backyard and then venture further into snowy forests and meadows.

For a list of parks across Canada, go to outthere.com.

Gym zone at home

Choosing a room to function as a home gym or personal workout space is just as important as finding the right equipment. The key is to make the space inviting.

"Paint's inexpensive, but it can really make a difference," says Ruth Tara, a New York-based home gym designer and former trainer. "Pick a colour you love that isn't white or off-white. Add good lighting so you can see what you're doing."

Put the gym in an area that will keep you active, engaged and coming back for more. Do you like fitness videos, or Wii? Invest in a good, well-positioned TV, and an equally good sound system, so you can play what will motivate you to keep exercising.

Have remote controls accessible for everything. Then, what about that exercise gear?

Experts recommend equipment that works muscles, heart rate, flexibility and mind.

With that in mind, here are five home-gym equipment must-haves:

STRENGTH-BUILDING You no longer need a cumbersome rack filled with different weights. "Selectorized" dumbbells can be weight-adjusted with just a click. Bowflex makes a popular version. Add an ab machine and bench press if you want to get serious.

GAIAM/AP PHOTO

CARDIO AND HEART RATE Portable fitness options and small accessories can help you go the extra mile. Eric Herman, fitness category manager for Boston-based CSN, likes Stamina's elliptical trainer that's compact, lightweight, and stores easily under a desk or in a closet. They make folding treadmills and bikes, too. Tara likes the Bowflex/Nautilus Treadclimber. Gaiam offers a fun mini-trampoline with a handle; it comes with a 35-minute workout DVD. And a few rounds in Wii Fit's hula-hoop activity are effective, too.

FLEXIBILITY AND BALANCE Resistance bands are an inexpensive, effective option for muscle toning. Balance balls work your core; Gaiam makes several. And for something different, consider Gaiam's T'ai Chi Fan Dance Kit; it includes a cloth fan and instructional DVD.

MIND Work mind and body at the same time with music or a favourite interactive video.

Invest in a good mat, one that doesn't have a strong odour, and think about the colour as well. Co-ordinate your equipment with the hues of your workout space.

Do you work best in a bright, energizing environment, or are you better in a calming, zen-like atmosphere? Hang some mirrors and motivational images to inspire you.

SAFETY A non-slip, cushioned surface underfoot is essential. Give yourself enough space to extend your arms and legs without winging the vases off the tables. Position a phone nearby for emergencies. Prepare a portable first-aid box, with gel ice and Band-Aids. And make sure any moving equipment you buy has an auto-stop safeguard.

Dedicating a room with a full array of gym equipment and probably a new floor will run from $1,500 to more than $20,000.

While a simple gym can be set up in a three-by-three-and-a-half-metre extra room, many people will turn over half of a renovated basement — perhaps six-by-six metres — to a workout area.

"People may splurge on an elliptical or a treadmill, and then a year later, they'll add more equipment as they've proven to themselves that they're serious about working out," notes Herman.

Tara has done some large and elaborate home gyms, complete with remote lighting and sound, tilt-mounted TVs, climate control and a steam room. Fridges, ballet barres and colour-matched equipment are often added.

For a typical home, she advises putting the workout area "where you like to spend your time. Better to put it in a corner of the living room than in the bedroom — that's where you go to sleep."

She also advises against ordering a complicated, multi-component piece from an infomercial. "Eight cartons show up with 3,000 pieces you have to put together.

"Once assembled, they're often too big for the space, too complicated and noisy."

Try out equipment in fitness or sporting goods stores and read online reviews.

If you're strapped for both cash and space, a mat, some weights and a couple of towels will do, says Tara.

"Just get yourself moving. You don't need all the gizmos. There are 24-hour fitness channels on TV.

"Invite a friend over. The goal's to stave off boredom so you keep exercising."

STAMINA/AP PHOTO

Shown: (above) Gaiam Core Advantage Stability Ball; (below) Stamina Folding Exercise Bike and In-Motion E-1000 Elliptical Trainer

THE ASSOCIATED PRESS

Sourcebook: Where to find it

- gaiam.com — Core Advantage Stability Ball, $20; T'ai Chi Fan Kit, $29.98; Trampoline, $99.
- fitnessequipmentandmore.com — Stamina In-Motion elliptical trainer, $94.99; Stamina folding bike, $179.
- csnstores.com — Cardiogym self-contained woodgrain workout centre, $2,105.
- homegymdesign.net — Ruth Tara designs small or large custom home gyms.

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GUM DISEASE: ANOTHER RECESSION THAT IS BAD FOR THE POCKET!

After making it through the last year, we all know that an economic recession can be hard on the pocket! Today, we want to focus on how another type of recession can also affect your "pocket".

Periodontitus, also know as "gum disease", definitely produces some negative effects on your "perio pockets". It is the greatest cause of tooth loss in adults over the age of 25. Gum disease is the result of poor oral hygiene that allows plaque and bacteria to build up on the gum line. The longer the bacteria is allowed to remain, the more damage it will do to the gum tissue.

What happens is that the gum tissue literally starts to recede. You may have heard the expression "long in the tooth". It refers to people whose gums have receded, thus making their teeth appear longer. Aside from the unsightly appearance, it also leaves more and more of the tooth and the underlying root, ligaments and jaw bone exposed to greater levels of bacteria.

When the bacteria gains even easier access to those areas, the amount of damage it can do will increase. As it attacks these structures which support the teeth in place, their hold on your teeth will become weaker. Gradually, the teeth will become loose until they ultimately fall out or need to be removed.

Dr. Martin LaBoissonniere
Dental Surgeon

That is why one of the most important functions your dentist can provide during an examination is what we refer to as "perio probing". In conducting a "perio probe", your dentist or hygienist will use a dental instrument to measure the depth of the pockets in your gums around the teeth. With healthier gums, the depth of the pockets will be smaller.

Ideally, the pocket around each tooth should be no deeper than 3 millimetres. At 4 or 5 millimetres, your dentist may recommend that you return for more frequent dental examinations in the future. For instance, instead of scheduling an appointment every 6 months, visiting every 3 or 4 months may be necessary so that the health of your gums can be more closely monitored. Improved oral health care practices at home, combined with more frequent visits to your dentist may be all that is needed to enable your gums to regain their health.

If your pockets measure 6 millimetres or more, you may require the services of a periodontist. Talk to your dentist if you have any questions in this regard.

Good oral health practices can help you avoid this "recession". Regular brushing and flossing, combined with permitting your dentist to conduct a thorough examination will help keep your "pockets" healthy and full…of teeth!

Your dentist is there to work with you to help fight the "recession". Because fighting dental recession is a healthy habit…and healthy habits lead to healthy lives.

Dr. Martin LaBoissonniere
- Dental Surgeon

Self-control is contagious: New study

CELIA MILNE
for Metro Canada

HEALTHY HABITS If you're trying to eat better, it's best to hang out with people who nosh on spinach, not cookies.

A series of U.S. studies has found that self-control is contagious. And so is lack of willpower.

Thinking about someone with good self-control makes you more likely to resist temptation, according to researchers at the University of Georgia in Athens, GA.

This could mean that surrounding yourself with people who exercise and eat well could improve your own health.

It is well known that certain behaviours — such as smoking, drug use and over-eating — are shared among people who hang out together.

In these new studies, involving hundreds of volunteers, scientists found out why: those with good self-control influence others positively, and vice versa.

New breakfast option
Starting this week Tim Hortons adds English muffin breakfast sandwiches to its morning menu. To celebrate this introduction, participating restaurants are offering all hot breakfast sandwiches for a limited-time price of $1.99. METRO NEWS SERVICES

Food

Yogurt cheese cuts calories

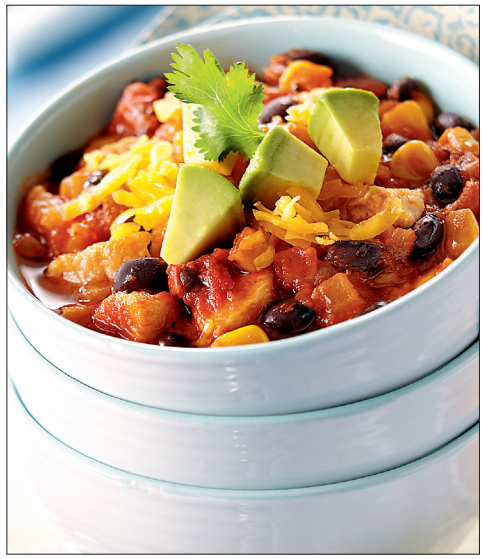
Savvy dieters know the value of yogurt cheese. Made by straining yogurt until it's thick and spreadable, yogurt cheese offers the satisfaction of cream cheese without all the calories. Loblaws has built on this simple idea. Its new Blue Menu yogurt spreads are convenient. The spreads are launching in early February. Price: $2.50 for a 227-gram tub. TORSTAR NEWS SERVICES

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

Personal Gourmet recipe of the month — ROSE REISMAN

Rich, fresh flavours

Rose Reisman's Potato Corn Chowder.



Rose Reisman's Tex Mex Chili.

Potato Corn Chowder

PREP TIME: 15 MINUTES
COOK TIME: 30 MINUTES

Traditional corn chowder is usually prepared with excess cream and butter. My version uses evaporated milk, and you'll be surprised at how creamy and rich the soup tastes. Charring the corn gives the soup a fresher flavor.

SERVES 4

INGREDIENTS:

- 2 cups corn niblets (canned or fresh)
- 1½ tsp vegetable oil
- 1 cup chopped onion
- 1½ tsp finely chopped garlic
- ½ cup chopped red bell pepper
- 1 cup peeled and diced potato
- 2½ cups chicken stock
- ½ tsp hot chili sauce (or finely chopped jalapeño pepper)
- 2 tsp all-purpose flour
- 1 cup canned evaporated milk (2%)
- pinch of salt and pepper
- 3 Tbsp chopped parsley

METHOD:

1. Lightly coat a nonstick skillet with cooking spray and set over medium heat. Sauté the corn for about 8 minutes, stirring often or just until lightly browned. Purée half of the corn in a small food processor. Combine the puréed corn with the whole corn in a small bowl and set aside.
2. Add the oil to a large, nonstick pot and set over medium heat. Add the onion and garlic and sauté for about 4 minutes. Add the red pepper and sauté for another 2 minutes. Add the potato, stock, chili sauce and corn mixture. Bring to a boil, then reduce the heat to low and simmer, covered, for about 15 minutes or until the potato is tender.
3. Whisk together the flour and milk in a small bowl and gradually add to the soup. Add the salt and pepper. Simmer, stirring occasionally for 3 minutes or until slightly thickened and heated through. Garnish with parsley.

Comfort without calories!

Tex Mex Chili

PREP TIME: 15 MINUTES
COOK TIME: 25 MINUTES

This is a great, lighter chili typically served in the Southwest. Using chicken rather than beef reduces the calories and fat. Dusting the chicken with flour maintains the moisture. Aged cheddar is the perfect accompaniment. Add diced avocado to the list of garnishes if you like.

SERVES 6

INGREDIENTS:

- 12 oz skinless boneless chicken breasts (about 3 breasts), diced
- 1/4 cup all-purpose flour
- 2 tsp vegetable oil
- 1 1/2 cups chopped onion
- 1 cup canned corn, drained
- 2 tsp finely chopped garlic
- 1 1/2 cups canned black beans, drained and rinsed
- 2 1/2 cups tomato sauce (or store-bought spaghetti sauce)
- 3/4 cup chicken (or beef) stock
- 1 Tbsp chili powder
- 1 1/2 tsp dried basil
- 1 tsp dried oregano
- 1 1/2 tsp seeded and finely chopped jalapeño pepper (or 1½ tsp hot chili sauce)
- pinch of salt and pepper
- 1/4 cup chopped cilantro or parsley
- 1/2 cup shredded aged light cheddar cheese
- 1/4 cup low-fat sour cream

METHOD:

1. Place the chicken and flour in a bowl and toss to coat. Lightly coat a nonstick saucepan with cooking spray, add 1 tsp of the vegetable oil and set over medium heat. Sauté the chicken for 5 minutes or until it is lightly browned on all sides, but do not cook through. Set aside.
2. Re-spray the same saucepan, add the remaining vegetable oil and set over medium heat. Add the onion and cook until soft, stirring frequently, about 5 minutes. Stir in the corn and garlic and continue to cook and stir for 5 minutes or until the corn is browned.
3. Stir in the beans, tomato sauce, stock, chili powder, basil, oregano, jalapeño, salt and pepper.
4. Bring to a boil, reduce the heat and cover. Simmer for 15 minutes. Add the diced chicken and simmer, uncovered, for 5 minutes or until the chicken is just cooked through and the chili thickens.
5. Serve the chili in bowls, and garnish with cilantro, cheese and sour cream.

About Rose

Rose Reisman is an author, media personality, nutritionist, and the inspiration behind a fresh food delivery service, Personal Gourmet, and new website, The Art of Living Well. Visit Rose at rosereisman.com & personalgourmet.ca

Keef quits drinking

Keith Richards has given up alcohol. The Rolling Stones guitarist — who is known for his hellraising lifestyle — hasn't downed a drink in four months, despite previously claiming he would never become teetotal. FEMALEFIRST.CO.UK

Entertainment

Johnny's alive

Johnny Depp's rep was forced to confirm that the Pirates of the Caribbean star is alive and well after a rumour swept Twitter over the weekend claiming Depp had died in a car crash in France. METRO WORLD NEWS

EDITOR: DEAN.LISK@METRONEWS.CA

Prop 8 doc protest-free

No Mormon opposition at Sundance screening

Despite rumoured anti-gay protests, a Sundance Film Festival documentary about the Mormon church's role in a 2008 California political battle over gay marriage played to a friendly audience on Sunday in Park City.

Only about two dozen gay marriage activists chanted — "Separate, church from 8" — in a parking lot outside the premiere of 8: The Mormon Proposition.

The film by Reed Cowan, a former Utah Mormon, contends that the locally based Church of Jesus Christ of Latter-day Saints was the driving force behind Proposition 8.

The ballot initiative reversed an earlier court decision that legalized gay marriage. Before the screening, festival director John Cooper had said he expected a small, but loud, group of "haters," might picket the film, but doubted that Mormon church members would be among them.

"It's not really the Mormon style," said Cooper, who is gay and married his partner of 20 years last year during the window between the court ruling and election day.

A Utah-based anti-gay equality group, America Forever, sent out 80,000 faxes on Friday denouncing the movie, its makers and the festival on Friday. Internet chatter among other anti-gay groups had also hinted they might come to Sundance, activist Eric Ethington said.

Mormon church officials have consistently called for a polite, respectful dialogue on the issue.

GETTY IMAGES

Directors Steven Greenstreet, left, and Reed Cowan have brought their documentary 8: The Mormon Proposition to the Sundance Film Festival in Park City, Utah.

"It might be interesting to go down and sit at the Mormon church and engage in a dialogue."
Moviegoer Carolyne Simpson

The church has actively fought marriage equality legislation across the U.S. since the early 1990s.

The movie made one moviegoer — Carolyne Simpson of San Diego — want to engage in a productive dialogue. Simpson, who isn't Mormon, said she supports gay marriage.

"What I come away with is that it might be interesting to go down and sit at the Mormon church and engage in a dialogue, and say, 'Tell me what you believe and here's what I believe,'" the 65-year-old said. THE ASSOCIATED PRESS

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	208	303	8	CBC	Wheel Fortune	Jeopardy! (N)	Rick Mercer	22 Minutes (N)	Kids in-Hall	Comedy	CBC News: The National		The Hour
	-	360	9	NBC	Wheel Fortune	Jeopardy! (N)	The Biggest Loser Lifting competition. (N)				The Jay Leno Show (N)		News
	117	713	10	TVA	La Fièvre de la danse (SC)		Rock et Rol	Caméra Café	La Promesse (HDTV) (N) (SC)		TVA nouvelles	(10:45) Denis Lévesque	
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	214	344	15	CITY	Law & Order: Special Victims		The Biggest Loser Lifting competition. (N)				The Jay Leno Show (N)		News
	115	343	16	CFMT	Two/Half Men	The Office	Omni News: Italian Edition (N)		Vivere V	Omni News:	Law & Order: Criminal Intent		Metropia
	218	345	18	CHCH	*Inner Voice* (1995, Comedy-Drama) Walter Cox, Brian Gromoff.				*Lethal Weapon* ★★★ (1987, Action) Mel Gibson, Gary Busey.				News at 11 (N)
	-	361	20	ABC	Action News	Entertainment	Scrubs	Better Off Ted	Lost "The Incident" (HDTV)				News
	512	396	24	CPAC	(4) Dossier public (SC)		Heure polit.	L'Heure politique				Tête-à-tête	Podium
	651	355	25	CTS	Little House on the Prairie		Dr. Quinn, Medicine Woman		100 Huntley Street		Life Today	This Is Day	John Hagee
	-	365	36	FOX	TMZ (N)	Seinfeld	American Idol (HDTV) (N)		Human Target (HDTV) (N)		FOX 2 News (N)		News
	-	-	64	PBS	Business Rpt.	Help Wanted	NOVA (DVS)		Frontline (DVS)		Moneywise Homeowner		Charlie Rose
	205	312	104	CTV	etalk	Access H.	American Idol (HDTV) (N)		Lost "The Incident" (HDTV)				CTV News
news	502	390	26	NW	Connect Today's biggest stories. (N)				CBC News: The National		CBC News: the fifth estate		National
	500	500	33	CNN	Situation Room-Wolf Blitzer		Campbell Brown (N)		Larry King Live (N)		Anderson Cooper 360 (HDTV)		
sports	406	417	27	net	Overtime	NHL Hockey New Jersey Devils at Ottawa Senators. (HDTV) (Live)					Sportsnet Connected		Prime Time
	126	730	28	RDI	24 Heures en 60 minutes (SC)		Grands reportages (SC)		Le Téléjournal (SC)		RDI économie	Le National	Le Téléjournal
	400	280	30	TSN	That's Hockey!	Interruption	NFL Presents	Hockey	NHL Pregame	NHL Hockey Chicago Blackhawks at Edmonton Oilers.			
	410	403	52	SCR	Cabby Unlimit	Score Today	Court Surfing NBA news, scores and highlights.						Score Now
family	411	457	56	OLN	Ghost Hunters		Destination Truth		Operate-Repo	Operate-Repo	Ghost Hunters		Destin. Truth
	417	406	59	SC	Pass Time	NASCAR Hub	Monster Jam (N)		Super Bikes!	Super Bikes!	Dangerous Drives (HDTV)		Pass Time
	554	544	48	TEL	Scooby-Doo	Total Drama	Total Drama	6TEEN	Futurama	King of the Hill	American Dad	Futurama	Robot Chicken
	557	540	51	FAM	Sonny Chance	Suite Life	Overruled!	Han. Montana	Wizards-Place	Latest Buzz	Ned's School	Cory in House	That's-Raven
	551	542	65	YTV	iCarly	Fries That?	Malcolm-Mid.	Hates Chris	8 Simple Rules	What I Like	Family Biz	To Be Indie	Prank Patrol
cable variety	570	580	29	MM	The Daily Fix		Ranked!		I Want to Work for Diddy		Entourage	Wild 'n Out	mmtop10.ca
	615	520	31	A&E	Criminal Minds (HDTV)		Criminal Minds (HDTV)		Psychic Kids: Paranormal		Paranormal	Paranormal	Psychic
	628	584	32	SPKE	UFC Unleashed		UFC Unleashed		Entourage	Entourage	(10:06) Pros vs. Joes		Entourage
	521	560	34	TLC	Little Couple	Little Couple	Cake Boss	Cake Boss	18 Kids and Counting		Little Couple	Little Couple	Cake Boss
	145	761	35	TV5	Zoom animal		Découvrir le monde		Partir autrement		ADN	Nouva	TV5 Le Journal
	616	521	39	SHO	Relic Hunter		*Making Mr. Right* (2008, Romance-Comedy) Dean Cain.				Drop Dead Diva (N)		NCIS
	620	523	40	BVO	At the Concert Hall		Diana Krall: Live in Rio					Kaeshammer	Law & Order
	520	505	42	DIS	Daily Planet (N)		How It's Made	How It's Made	Destroyed	Destroyed	License to Drill "Paydirt" (N)		Daily Planet
	575	583	43	CMT	Amer. Funniest Home Videos		Reba	Reba	According/Jim	According/Jim	Home Improve.	Home Improve.	This Is It
	601	562	45	SLC	Rich Poor	Rich Poor	Party Mamas	Party Mamas	Party Mamas	Wedding SOS	Wedding SOS	Wedding SOS	ET Canada
	625	548	46	COM	Air Farce	22 Minutes	Corner Gas	Name Is Earl	The Simpsons	South Park	Jeff Dunham	Blue Collar TV	Daily Show
	294	529	47	TBS	Family Guy	Family Guy	House-Payne	House-Payne	Law & Order: Special Victims		*Doom* ★★ (2005, Science Fiction)		
	600	564	49	H&G	House Hunters	Property Virgin	Million Dollar Listing (N)		Bang, Buck	Genevieve	House Hunters	House Hunters	Holmes-Homes
	627	528	50	SPC	Stargate Atlantis (DVS)		Lost "Some Like It Hoth"		Human Target "Rewind"		Fringe (HDTV PA) (N)		InnerSpace (N)
	581	566	53	MTV	Peak Season	After	Cribs	Parent Control	Teen Mom "Baby Steps"		Teen Mom (Season Finale) (N)		
	618	524	54	TROP	Parking Wars	Parking Wars	Rescue Ink		Dog Whisperer		End of Leash	Bootcamp	Tube Tales
	522	506	55	HIS	Ancient Discoveries		Cities of the Underworld		Pawn Stars (N)	Pawn Stars (N)	Ancients Behaving Badly		Crime Stories
	129	773	60	CD	Biographies "Yvon Michel"		Ondes de choc		Images-chocs		Gangland (SC)		Destr Expr
	261	394	61	V	Murder, She Wrote		Hallelujah!	When I Laugh	Quantum Leap		Unscripted (N)	Benmergui-Isr	Poltergeist
	602	567	62	W	Supernanny		Dine With Me	Grocery Bag	Beauty Call	Style by Jury	How to Look Good Naked		Beauty Call
	269	350	70	APTN	Fish Out of	Mixed Blessing	Cashing In	Rabbit Fall	*Feeling Minnesota* ★★ (1996, Comedy-Drama) Keanu Reeves.				Fish Out of
	621	527	71	TLK	Look-A-Like	TMZ	The Ellen DeGeneres Show (N)		The View (HDTV) (N)		The Dr. Oz Show (HDTV)		TMZ
	603	561	95	FN	Ricardo	Exotic	Dinner: Impossible		The F Word (N)		Good Eats	Good Eats	Restaurant

critics'corner

The Good Wife
Alicia is representing the daughter of one of the partners in the firm, and her co-counsel on the case, Ryan Alprin, is taking an unusual approach to the defense. Alicia finds both the man and his defense strategy attractive. Christine Baranski and Josh Charles also star in "Unorthodox." 10 PM on 13 CBS 3 GTV

Scrubs
It's "hell week," and Dr. Cox assigns Lucy the job of team leader, a decision he soon has cause to regret when she takes the job much too seriously. A visit from an internationally renowned surgeon has Turk feeling insecure in the new episode "Our Dear Leaders." 8 PM on 20 ABC

Drop Dead Diva
Jane defends Deb's mother in a divorce, while Grayson represents her father. Kim (represents a dog owner who sues a pet cloning company, claiming the clone is not the same dog as his first pup, a Westminster champion in the new episode "The Chinese Wall." 10 PM on 39 SHO

U.S. in denial about JFK killing: Stone

CONSPIRACY THEORY

Hollywood filmmaker Oliver Stone said yesterday the United States remains in denial over the possibility that someone other than Lee Harvey Oswald could have assassinated John F. Kennedy, calling it a "national fairy tale."

Speaking to 300 high school students in the Thai capital, Bangkok, Stone said exploring alternative theories over the JFK assassination remains too sensitive for those in the media or academia.

"To this day, many key Americans in power are in total denial about this story," Stone said.

"They don't even want to know about the possibility that he was killed by someone other than Lee Harvey Oswald. It is a national fairy tale."

Stone was in Bangkok to talk about filmmaking and peace as part of a series of talks facilitated by the Vienna-based International Peace Foundation.

His 1991 film JFK, which he acknowledged was his most controversial, ridicules the Warren Commission conclusion that Oswald acted alone and suggests a massive conspiracy. THE ASSOCIATED PRESS

The new face of Lancome

Julia Roberts is the new face of Lancome. The Duplicity actress is thrilled to have landed the slot in the luxury beauty brand's advert and admits fronting the skincare line has been a long-running "dream" of hers. METRO NEWS SERVICES

Crazy ideas drive OK GO

BRYAN BORZYKOWSKI
for Metro Canada

When OK GO uploaded a now wildly popular video (49 million and counting) for Here It Goes Again three-and-a-half years ago, they had no idea how popular it would become. "It's weird," says frontman Damian Kulash, still sounding a bit surprised by the popularity of his treadmill-dancing clip.

The Los Angeles-based foursome didn't set out to create one of the most talked about videos of the last decade, in fact, they don't consider their music video a video at all.

"Music videos used to be commercials for rock bands and labels who were trying to sell stuff," says Kulash. "Now that MTV is largely not playing videos, there's no reason to think of the music video as we used to."

For OK GO, making videos is "an opportunity to create the craziest ideas" says Kulash, something they can't do in a more ridged recording environment. It also gives them the chance to play with the tunes. Unlike most videos, the band doesn't necessarily perform to its original track. In the YouTube clip for This Too Shall Pass, a tune off the group's new album Of the Blue Colour Of The Sky, the band incorporates an entire marching band and singing children — that's not on the CD version of the song.

"Why does a music video have to look like a car commercial," asks Kulash. "Why should it even be the same length as the song?"

Kulash says making his videos — most of which are even more creative and entertaining than Here It Goes Again — is when he can be at his most creatively ambitious. And while they do have to get financing for some of the videos ("not all can be for $5," he says) for the most part the band is able to do what they want.

But, judging from the recent disc, there aren't many restrictions on what they can record either. The group's third record is an ambitious combination of soul, R&B, rock and pop — on opener WTF Kulash does a pretty good Prince impression. It's a departure for the usually rock heavy group, but after years of touring with their amps turned up, it's hard to blame them for wanting a change.

"Whatever engines we had in that direction burned out a bit," Kulash explains. "I tried going into the garage and turning up my amps and impressing myself with a catharsis of volume, but it just wasn't there."

Kulash grew up listening to a lot of R&B and Prince, so when the rock 'n' roll dried up, he turned to his other favourite genres for inspiration. "I got back to my influences that were older and deeper," he says.

And that's reinvigorated the band, says the singer. "It's more alive for us because it doesn't feel like we're beating out songs again."

OK GO's latest is a combination of soul, R&B, rock and pop.

Buy one coffee, get a second cup on us.
Valid only at participating Second Cup locations from January 26 to January 29, 2010. Buy a medium size brewed coffee and receive a medium size brewed coffee for Free. Offer is limited to one Free medium size brewed coffee with purchase per voucher. Voucher has no cash value and is not valid with any other offer.

Jimmy Kimmel marks 7 years of late nights

There is happiness to be found in late-night TV these days. Just ask Jimmy Kimmel, who is celebrating the seventh anniversary of his ABC show today with guest Harrison Ford.

Ford is set to deliver a "very special" gift to the Jimmy Kimmel Live! host to mark the occasion, ABC said Monday.

"People often ask me if I ever imagined we'd be on the air this long," Kimmel said. "It's a weird compliment wrapped in an insult, but I'll take it."

He added that he feels lucky to work "for a network that showed enough patience to allow us to grow and, more importantly, pays almost no attention to what goes on after midnight."

Kimmel's milestone comes just days after Conan O'Brien ended his seven-month tenure as Tonight host, with Jay Leno set to reclaim the job he left last year. O'Brien's exit was preceded by a bitter public battle with NBC over its plan to shift him to a post-midnight slot.

Jimmy Kimmel Live! airs at 12:05 a.m. EST weeknights on ABC. Also appearing on the anniversary show today are Kristen Bell and the Silversun Pickups band.

Among the highlights of Kimmel's run: a pair of comic films that went on to become Internet sensations, one in which Matt Damon and Kimmel's on-again, off-again girlfriend Sarah Silverman sing of their faux hot love affair, and the other with Kimmel striking back by claiming a romance with Damon's pal Ben Affleck.

THE ASSOCIATED PRESS

Jimmy Kimmel is celebrating the seventh anniversary of his ABC show today with guest Harrison Ford.

"People often ask me if I ever imagined we'd be on the air this long. It's a weird compliment wrapped in an insult, but I'll take it." Jimmy Kimmel

If you treat your dad to a better cup of coffee are you still grounded?
Use the coupon above to find out.
SECOND CUP

DVD picks

Michael Jackson's This Is It

Director: Kenny Ortega
Michael Jackson

DOES THE UNUSUAL documentary concert movie This is It have anything to offer folks who aren't confirmed fans of Wacko Jacko? Can anything of real value be expected from the filmed record of rehearsals for Michael Jackson's concert series that had been scheduled to begin last July at London's O2 Arena?

Yes and yes.

MJ fans will love the swirling, fast-cut images of Jackson performing his greatest hits in energetic — even athletic — style. Beat It, Billie Jean and Thriller are given the full production treatment. There is also plenty of time devoted to Wanna Be Startin' Somethin' and Smooth Criminal.

But anyone curious about the man himself — and who isn't? — and the state of his mind and body before his untimely death from heart failure at age 50, will find lots of interest in This is It.

Kenny Ortega, Jackson's longtime collaborator and creative director, shows us an MJ we haven't seen before. It's Michael Jackson unvarnished, the wizard behind the curtain and the man-child in the mirror, and it's fascinating to behold. He's as tough as Frank Sinatra with his perfectionistic demands, brooking no dissent as he puts dancers and musicians half his age through their gruelling paces. But he's also as fragile as Judy Garland, as is evident on the moving ballad Human Nature.

The film was culled from more than 100 hours of high-definition rehearsal footage, shot from March 2009 up to the hours before Jackson died on June 25, and lensed mainly at the The Forum and Staples Center in Los Angeles, where Jackson had been putting in full days of work for weeks.

This Is It delivers an emotional wallop; there's an undeniable sadness seeing it and knowing it's the show he never gave and never will.

Extras include expanded Thriller and Smooth Criminal rehearsals and several making-of and Jackson remembrance featurettes.

Peter Howell/for Metro Canada

On the web

Also on DVD:

- Read Metro's review of Surrogates at metronews.ca/movies

Talk about a sweet 16

For his 16th birthday, Diddy gave his son Justin Dior Combs a brand-new silver Maybach (price tag: $360,000 US). The teen received the wheels on Saturday night, people.com reports. METRO NEWS SERVICES

Celebrity Buzz

Split rumours persist

JUST GET IT OVER WITH ALREADY Though their reps continue to deny the story, details continue to emerge on the alleged separation of Brad Pitt and Angelina Jolie.

"It's no secret they have been in a pretty loveless relationship for about a year," a source tells the Sun. "They barely spend time together, and when they do it is very fraught. They want different things from life."

The source claims that it was Pitt's brother Doug who convinced him to pull the plug on the relationship after a particularly chilly holiday season. This past weekend, Pitt was in Los Angeles helping George Clooney with his Haiti telethon, while Jolie stayed in New York for a photo shoot. On Sunday, the News of the World newspaper claimed Brad, 46, and 34-year-old Angelina had visited divorce lawyers to help them separate and planned to split up in the near future.

The legal document they allegedly signed will see their $330 million US fortune halved in two.

METRO WORLD NEWS

GETTY IMAGES

All guys are dogs: Mel

MEN ARE FROM MARS. WOMAN ARE FROM VENUS. GIBSON IS FROM ... Mel Gibson thinks "all guys are dogs," femalefirst.co.uk reports.

The 54-year-old actor is very protective of his daughters — married Hannah, 29, and baby Lucia with his girlfriend Oksana Grigorieva — because he knows what men are like and what they are interested in.

He told People magazine: "Oh, you get scared. We all know what dogs all guys are because we are guys."

Although Gibson is distrustful of any man's intentions for his girls, the actor acknowledges that women are far smarter than guys give them credit for.

"We shouldn't despair, the truth is all women are smarter than men."

The Hollywood star is a very protective father and partner and last week revealed he keeps a gun "stowed away" in his house to protect against intruders. "I did have bodyguards for a little while but it's a drag."

METRO WORLD NEWS

Woods' wife allegedly visits him at sex clinic

ONE WOULD THINK KEEPING A SUPERMODEL AWAY WOULD BE A BETTER FIT FOR A SEX ADDICT Tiger Woods had a special visitor recently at the Mississippi retreat where he is reportedly receiving treatment for sex addiction.

According to Radar Online, Woods' wife, Elin Nordegren, spent several days at the facility participating in his treatment before returning home to Florida. "The marriage is not over. They both want to save it," a source tells the website.

Mel Gibson came to the golfer's defense while chatting with Good Morning America, saying that "sometimes the most difficult part is being able to forgive yourself," which can be difficult when "everyone else is beating on you."

METRO WORLD NEWS

Carey picky with her food

SHE'S ALSO PICKY WITH HER MEN AND HER SERVANTS AND HER CLOTHES AND... Mariah Carey refuses to mix her proteins and carbohydrates, femalefirst.co.uk reports.

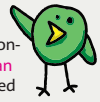
The singer admits she has to watch her diet and is careful to balance out her food groups, as well as undertaking regular exercise.

She said: "If I have rice, I can't have meat at the same time. I also do water aerobics, swimming and Pilates."

Carey also says she has accepted her curvy body as she will never be a size zero. METRO NEWS SERVICES

CelebTweets

Follow these celebrities on Twitter...



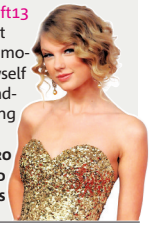
Taylor Swift can only exercise under certain conditions, Jonathan Ross isn't worried about what you think of him, Tila Tequila finally gets the recognition she deserves, and Nick Cannon compares himself to NBA stars.

@wossy Just went for a lovely swim, listening to soundtrack from #GLEE. If that makes me seem less robustly masculine then that is your problem.

@officialTila When I'm SO excited! They are naming a Milkshake after me at "Millions of Milkshakes" this thursday in Hollywood! Everyone come! What an honor!

@NickCannon The results are in. Whose Rap Career was worse, Mine or Kobe Bryant's? And it goes to... SHAQ!!!!

@taylorswift13 The hardest part about motivating myself to run is finding matching socks.



METRO WORLD NEWS

They're on again ... again

VEGAS ODDS HAVE THEM 2-1 TO BE OFF AGAIN WITHIN A WEEK The rekindled relationship between Jude Law and Sienna Miller seems to be working, as the pair is reportedly planning to live together. The two have lived out a rocky relationship over the past couples years being linked to one another often. METRO WORLD NEWS

Leo and Refaeli trying once more

TRY, TRY AGAIN Leonardo DiCaprio and Bar Refaeli are always breaking up and getting back together — so what's different about this round of dating?

One source reveals to hollywoodlife.com that, Refaeli agreed to get back with him before the holidays but wouldn't be his arm candy. METRO NEWS SERVICE

Pair keep low profile at Sundance

WHEN WERE THEY HIGH PROFILE THOUGH? Bradley Cooper and Renée Zellweger — along with Cooper's actor pal Danny McBride — made a surprise appearance in the snow at the Sundance Film Festival this weekend to support Cooper's pals Jonah Hill and his Hangover costar Justin Bartha, who both have movies showing at the fest.

Cooper, 35, and Zellweger, 40, arrived separately, and the couple has kept a relatively low profile since getting into town. Cooper flew solo Sunday and started off his morning with a quick trip to the US-ANA/Kari Feinstein Style Lounge. Saturday night also saw Cooper by himself hitting pal Hill's Cyrus premiere at the Eccles Theatre. The casual twosome laughed throughout the night, and Hill, 26, thanked Cooper for coming.

Bartha's movie at Sundance is Holy Rollers.

METRO WORLD NEWS

The Weather Network
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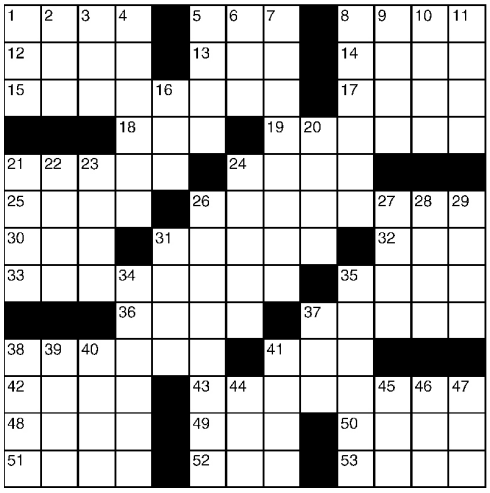
Today Flurries 2°/ -9° 70%
Wednesday Partly cloudy -4° / -8° 40%
Thursday Flurries -3°/ -17° 60%
You have voted us #1 for best forecasts on TV. Thank you Canada!

For more delicious Metro recipes, visit: **metronews.ca/food**

Take Five



ACROSS

1 Snowbank creator
5 Blond shade
8 Recedes
12 Helper
13 Extinct bird
14 — contendere
15 Cleared out, as by hoeing
17 Let fall
18 Pester for payment
19 Turn white
21 Let off the hook?
24 Authentic
25 . ."Wind in the Willows" character
26 Like some grapes
30 Pismire
31 Dazzles
32 Luau offering
33 Unthink-ing
35 Sturdy fabric
36 Mature
37 Retains
38 Shoddily made
41 Torched
42 Bread unit
43 Unnecessary
48 Vote off the island
49 — Jima
50 Vicinity
51 Quarry
52 Coffee break hour
53 Black plus white

DOWN

1 Dog's foot
2 Recline
3 Praise in verse
4 Joined as one
5 "So be it"
6 "Mayday!"
7 They're washed-up
8 Ultimate goal
9 "— Free"
10 United nations
11 Frosh who graduated
16 Drag along
20 Young fellows
21 Hexagonal state
22 Zilch
23 — de foie gras
24 Don't just toss
26 "Hurry!"
27 Duel tool
28 Daytime TV entry
29 Sermonizers' subjects
31 Misstep
34 In need of caulking, maybe
35 Flier's awkward feeling
37 Tease
38 Hoofbeat sound
39 Session with a shrink
40 Facility
41 Ponce de —
44 Ram's mate
45 Blunder
46 Vast expanse
47 Put into words

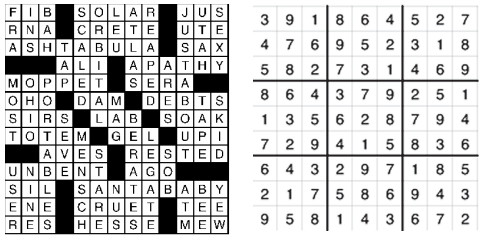
Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

	7		1			5	9	
1				9		8		7
8				3				
	5	3			4		6	
				2				
	2		3			7	4	
				5				3
6		7		4				8
	1	4			3		2	

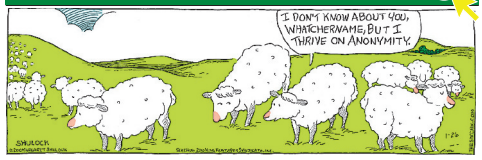
PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



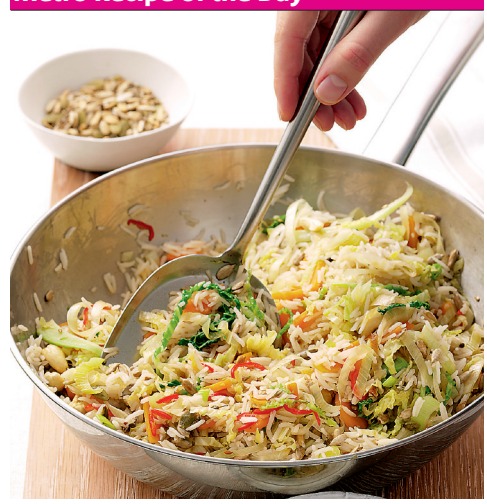
3	9	1	8	6	4	5	2	7
4	7	6	9	5	2	3	1	8
5	8	2	7	3	1	4	6	9
8	6	4	3	7	9	2	5	1
1	3	5	6	2	8	7	9	4
7	2	9	4	1	5	8	3	6
6	4	3	2	9	7	1	8	5
2	1	7	5	8	6	9	4	3
9	5	8	1	4	3	6	7	2

On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca



Metro Recipe of the Day



Glorious Vegetable and Cashew Stir Fry

INGREDIENTS:

1 1/3 cups (325 mL) basmati rice, rinsed
2 tbsp (25 mL) soy sauce
1 tbsp (15 mL) dry sherry
2 tsp (10 mL) toasted sesame oil
2 tbsp (25 mL) canola oil
7 1/2 oz (220 g) carrots, peeled, halved lengthwise and thinly sliced
2/3 lb (300 g) leeks, thinly sliced
5 oz (150 g) Savoy cabbage, thinly sliced
1 large garlic clove, crushed
1 large fresh red chili pepper, seeded and sliced
4 tbsp (60 mL) cashews
4 tbsp (60 mL) mixed toasted seeds

METHOD:

1. Add rice to pot of boiling water and boil 10 minutes or until grains are tender. Drain. Meanwhile, mix soy sauce, sherry and sesame oil in small bowl and set aside.
2. While rice is cooking, heat wok with canola oil and stir-fry carrots and leeks 2-3 minutes or until softened. Add cabbage, garlic and chili pepper, and stir-fry 2-3 minutes. Stir in soy sauce mixture and cashews. Season to taste.
3. Mix hot rice into wok or pan. Sprinkle with seeds and fork through.

SERVES 4

rd.ca

For nutritional information on this and other great recipes, go to rd.ca or check out Key Ingredients in this month's Reader's Digest, on newsstands now!

Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES ♈
MARCH 21-APRIL 20
You will have to hold a friend's hand and walk them through a situation they do not feel comfortable with.

TAURUS ♉
APRIL 21-MAY 21
Keep your thoughts to yourself today, especially if you have to deal with people whose friendship you are not entirely sure of.

GEMINI ♊
MAY 22-JUNE 21
Others will heap all sorts of extra duties and responsibilities on your shoulders if you let them. So don't let them.

CANCER ♋
JUNE 22-JULY 22
You may not know why you have reached a certain conclusion but if your inner voice tells you it is right you must not ignore it.

LEO ♌
JULY 23-AUG 23
If someone lets you down over the next 24 hours your best course of action by far is to forgive them. This is no time to hold grudges.

VIRGO ♍
AUG 24-SEPT 22
You may have a dozen or more things on the go right now but you thrive when the pressure is on. Know when, and how, to say No.

LIBRA ♎
SEPT 23-OCT 23
Try not to get annoyed with people whose assistance you may need in the very near future. You need allies, not enemies.

SCORPIO ♏
OCT 24-NOV 22
With Mars, planet of aggression, moving through the career area of your chart at the moment you will find it easy to defend your interests.

SAGITTARIUS ♐
NOV 23-DEC 21
Some people will go out of their way to gain an advantage at your expense today, but only if they think you have let down your guard.

CAPRICORN ♑
DEC 22-JAN 20
Someone is angry with you today, and you honestly don't have the faintest idea why. Don't make matters worse by getting angry too.

AQUARIUS ♒
JAN 21-FEB 18
Someone is counting on you to ride to their rescue and, of course, you will do what you can to help them. But who will rescue you?

PISCES ♓
FEB 19-MARCH 20
Don't waste a lot of time and energy today trying to explain to people why you are taking a certain course of action — just get on with it.

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Punta Cana via Toronto

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All-Inclusive • Junior suite
Feb. 4 • 1 wk.
$869
+Taxes & other fees (including service charges): $315

CUBA

Santa Clara

Meliá Las Dunas • 4★
All-Inclusive • Standard rm.
Feb. 7 & Mar. 7 • 1 wk.
$1099
+Taxes & other fees (including service charges): $212
Departure tax: 25 CUC cash, paid locally

BAHAMAS

Nassau, via Toronto

Sheraton Nassau Beach Resort • 4★
Resort view rm.
Mar. 26, 28 & 29 • 3 nts.
$300 dining credit – Unwind on Island Time[1]
$1169
+Taxes & other fees (including service charges): $96

TURKS & CAICOS

Comfort Suites • 2 1/2★
Continental breakfast
Junior suite – Run-of-the-house
Feb. 1 • 1 wk.
$979
+Taxes & other fees (including service charges): $217

Occidental Royal Hideaway Ensenachos • 5★
All-Inclusive
Royal Hideaway Spa
Feb. 7 & Mar. 7 • 1 wk.
PRIVILEGES
$1469
+Taxes & other fees (including service charges): $212
Departure tax: 25 CUC cash, paid locally

JAMAICA

Iberostar Rose Hall Beach • 4 1/2★
All-Inclusive
Standard garden view rm.
Feb. 20 • 1 wk.
$1299
+Taxes & other fees (including service charges): $270

DEAL on CRUISES

Princess Cruise[2]
Caribbean Princess
Southern Caribbean Cruise
Flights to San Juan via Toronto
Interior stateroom, cat. J
Apr. 4 • 1 wk.
$1259
+Taxes & other fees (including service charges): $270

Carnival Cruise Line[3]
Carnival Victory
Southern Caribbean Cruise
Flights to San Juan
Oceanview stateroom, cat. 6B
Mar. 28 • 1 wk.
$1459
+Taxes & other fees (including service charges): $279

This Valentine's, love is in the air

London
Hotel Ibis London Earls Court • 3★
Breakfast • Standard rm.
Mar. 4 & 5 • 3 nts.
$599
+Taxes & other fees (including service charges): $396

Save up to 30% to London & Paris[4]
Book between Jan. 22 and Feb. 15, 2010 for travel from Jan. 22 and completed by Mar. 31, 2010.

SUPERCLUBS RESORTS

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Breezes Resort, Bahamas • 3★
Super-Inclusive
Deluxe garden view rm.
Apr. 10–14, 17–20 & 24–28 • 3 nts.
$959
+Taxes & other fees (including service charges): $95

JAMAICA
Hedonism III • 3 1/2★
Super-Inclusive
Pool view rm.
Mar. 6 • 1 wk.
$1549
+Taxes & other fees (including service charges): $265

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